



RED LABEL® BRAND  
**CALAMARI** SQUID  
PREMIUM  
LOLIGO



*Premium Calamari*  
Loligo Squid

Fisherman's Pride Red Label® Brand Calamari is our naturally tender, premier brand of cleaned Calamari. We only use the best species harvested in Thailand for that fresh, clean flavor in every bite. The perfect ingredient for any seafood dish due to its rich, delicious taste, our premium calamari is guaranteed to satisfy your customers each and every time. Exceeding the highest of standards, Fisherman's Pride Red Label® Brand is manually processed at our HACCP approved plants, and supervised under the strictest of quality control guidelines for consistency, excellence and value with every pound purchased.

# Premium Calamari

Loligo Squid

TRY OUR SERVING SUGGESTIONS

Red Label® Brand



## Calamari Fra Diavolo

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 2 ½ lbs. calamari                | ½ tsp. of marjoram              |
| ¼ cup olive oil                  | 3 bay leaves                    |
| 2 medium red onions<br>(chopped) | 1 tbs. salt                     |
| 7 garlic cloves (chopped)        | ½ cup dry white wine            |
| 1 quart tomato puree             | 1 tbs. of crushed<br>red pepper |
| 2 tbs. basil (chopped)           |                                 |

Rinse squid. Cut tubes into ¾ inch rings. Combine olive oil, bay leaves, red onions and garlic. Simmer for 10-15 minutes over medium heat or until onions are translucent, stirring occasionally. Add wine and simmer for 5 minutes. Add basil, marjoram, salt, and red pepper; simmer for 5 minutes, stirring occasionally. Add tomato puree and simmer for 10 minutes, stirring occasionally. Add squid and let cook on medium heat for 25-30 minutes, stirring occasionally. Serve over rice or pasta. Makes 4-6 servings.

## Nutrition Facts

Serving Size: 1/2 Cup (110 g)  
Servings Per Container About 10

<b>Calories</b> 100	<b>Calories from Fat</b> 15
	% Daily Value*
<b>Total Fat</b> 1.5 g	<b>2%</b>
Saturated Fat 1.5 g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 255mg	<b>85%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrates</b> 3g	<b>1%</b>
<b>Dietary Fiber</b> 0g	<b>0%</b>
Sugars -g	
<b>Protein</b> 17g	

Vitamin A 0% • Vitamin C 8% • Calcium 4% • Iron 4%  
\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Less than	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.	Gross Wt.	UPC Code	Case Size	Case Cube	Ti x Hi
114-30TH	2-4" Tubes & Tentacles	Product of Thailand	Loligo Formosana	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28960 1	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
115-30TH	2-4" Tubes Only	Product of Thailand	Loligo Formosana	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28961 8	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
116-30TH	4-6" Tubes & Tentacles	Product of Thailand	Loligo Formosana	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28962 5	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
117-30TH	4-6" Tubes Only	Product of Thailand	Loligo Formosana	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28963 2	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
118-30TH	6-8" Tubes & Tentacles	Product of Thailand	Loligo Formosana	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28964 9	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
119-30TH	6-8" Tubes Only	Product of Thailand	Loligo Formosana	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28965 6	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
122WC-30TH	Cut Rings Only	Product of Thailand	Loligo Formosana	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28966 3	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
124WC-30TH	Cut Rings & Tentacles	Product of Thailand	Loligo Formosana	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28967 0	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
114-10TH	2-4" Tubes & Tentacles	Product of Thailand	Loligo Formosana	4/2.5 lbs.	10 lbs.	12 lbs.	0 46994 28960 1	10" x 7.25" x 8.5"	0.36	23 x 6 = 138
115-10TH	2-4" Tubes Only	Product of Thailand	Loligo Formosana	4/2.5 lbs.	10 lbs.	12 lbs.	0 46994 28961 8	10" x 7.25" x 8.5"	0.36	23 x 6 = 138
116-10TH	4-6" Tubes & Tentacles	Product of Thailand	Loligo Formosana	4/2.5 lbs.	10 lbs.	12 lbs.	0 46994 28962 5	10" x 7.25" x 8.5"	0.36	23 x 6 = 138
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*"The pride of the industry"*



**FISHERMAN'S PRIDE® - Ruggiero Seafood, Inc.**

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[www.ruggieroseafood.com](http://www.ruggieroseafood.com)

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