



PURPLE LABEL® BRAND
CALAMARI SQUID
PREMIUM
LOLIGO



Purple Label® Calamari

Premium Loligo Squid

Fisherman's Pride Purple Label® Brand Calamari is tasty and naturally tender – the perfect addition to any meal. Harvested in the deep waters of the Indian Ocean, the catch is manually processed and frozen within hours. Under the strictest of quality control guidelines, our Purple Label® Brand imported calamari is processed at our HACCP approved plants to ensure consistency and excellence.

“100% Net Defrosted Weight”

Purple Label® Calamari

Premium Loligo Squid
TRY OUR SERVING SUGGESTIONS

Purple Label® Brand

Calamari Curry Stir Fry with Mixed Vegetables

1 pound Fisherman's Pride® calamari, cleaned and cut in ¼ inch wide rings

¼ cup lime juice

½ teaspoon salt

½ large cauliflower, florets only

1 Idaho potato, peeled and cut in ¾ inch cubes

2 tablespoons vegetable oil

1 medium onion, thinly sliced

3 cloves garlic, slices lengthwise

3 inches fresh ginger, finely grated

1 tablespoon ground coriander

1 tablespoon ground cumin

½ teaspoon turmeric

1/8 teaspoon cayenne pepper

Water

Fresh coriander

Marinate the calamari rings for 20 minutes in lime juice and salt. Bring pot of water to a boil. Add salt to taste and cook the cauliflower florets and diced potato in the boiling water until soft, but not quite cooked. Lift the vegetables out with a slotted spoon and reserve.

Heat 2 tablespoons of oil in a sauté pan or wok. Add the sliced onion. Cook and toss until it begins to soften. Add garlic and



Nutrition Facts

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

Amount Per Serving	% Daily Value*
Calories 100	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 244mg	85%
Sodium 50mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars -g	
Protein 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:

	Calories:	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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ginger, and more oil if necessary. When garlic is golden, add ground coriander, cumin, turmeric and cayenne pepper. Toss and stir.

Add cauliflower and potato and cook until they take on some color, about 3 minutes. Add the calamari and toss with the other ingredients. Pour in ½ cup water and scrape the pan. Toss the ingredients until all are hot. Place in serving bowl and garnish with fresh coriander leaves. Serves 4. Cook your favorite rice as an accompaniment.

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.	Groos Wt.	UPC Code	Case Size	ase Cub	Ti x Hi
454-30	2-4" Tubes & Tentacles	Product of India	Premium Loligo	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28800 0	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
455-30	2-4" Tubes Only	Product of India	Premium Loligo	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28801 7	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
456-30	4-6" Tubes & Tentacles	Product of India	Premium Loligo	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28802 4	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
457-30	4-6" Tubes Only	Product of India	Premium Loligo	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28803 1	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
450-30	6-8" Tubes & Tentacles	Product of India	Premium Loligo	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28804 8	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
451-30	6-8" Tubes Only	Product of India	Premium Loligo	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28805 5	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
458-30	Cut Rings Only	Product of India	Premium Loligo	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28806 2	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
459-30	Cut Rings & Tentacles	Product of India	Premium Loligo	12/2.5 lbs.	30 lbs.	33 lbs.	0 46994 28807 9	20.75" x 12.75" x 6"	0.92	7 x 8 = 56

" 100% Net Defrosted Weight "



FISHERMAN'S PRIDE® - Ruggiero Seafood, Inc.

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For more information, pricing, or to place an order, Contact us at 866-CALAMARI (225-2627) or e-mail us at info@ruggieroseafood.com