



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 found worldwide 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 | 1 tbs. salt |
| (chopped) | ½ cup dry white wine |
| 7 garlic cloves (chopped) | 1 tbs. of crushed |
| 1 quart tomato puree | 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

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

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.	Gross Wt.	UPC Code	Case Size	Case Cube	Ti x Hi
114-30	2-4" Tubes & Tentacles	Product of USA	Loligo Pealei	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
115-30	2-4" Tubes Only	Product of USA	Loligo Pealei	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
116-30	4-6" Tubes & Tentacles	Product of USA	Loligo Pealei	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
117-30	4-6" Tubes Only	Product of USA	Loligo Pealei	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
118-30	6-8" Tubes & Tentacles	Product of USA	Loligo Pealei	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
119-30	6-8" Tubes Only	Product of USA	Loligo Pealei	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
122WC-30	Cut Rings Only	Product of USA	Loligo Pealei	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
124WC-30	Cut Rings & Tentacles	Product of USA	Loligo Pealei	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
114-10	2-4" Tubes & Tentacles	Product of USA	Loligo Pealei	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
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114-30/CA	2-4" Tubes & Tentacles	Product of USA	Loligo Opalescens	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
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116-30/CA	4-6" Tubes & Tentacles	Product of USA	Loligo Opalescens	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
117-30/CA	4-6" Tubes Only	Product of USA	Loligo Opalescens	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
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114-30TH	2-4" Tubes & Tentacles	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
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 28961 8	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 28961 8	20.75" x 12.75" x 6"	0.92	7 x 8 = 56
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"The pride of the industry"



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