

Fisherman's Pride Black Label® Calamari



"THE PRIDE OF THE INDUSTRY"

RUGGIERO SEAFOOD, INC.

Distributor of Frozen Calamari and other Seafood Products
www.RuggieroSeafood.com
866-CALAMARI (225-2627)

Fisherman's Pride® Cleaned Calamari

Fisherman's Pride Black Label® Calamari is packed with premium *Loligo Chinensis* and it's traditionally cleaned with wing meat on. Caught in the deep pure water of the South China Sea, this premium species offers pure white flesh, sweet natural flavor, and very little shrinkage. It's a perfect match for all cooking applications due to its natural tenderness, forgiving cooking characteristics, and excellent price point. Fisherman's Pride Black Label® is manually processed at our HACCP approved plants and supervised under the strictest of quality control guidelines to ensure you get consistent quality and value with every pound you purchase.



Fisherman's Pride Black Label[®] Calamari

Nutrition Facts

Serving Size: 4 oz. (113 grams)		Vitamin A 0% • Vitamin C 8% • Calcium 4% • Iron 4%	
Servings Per Container About 10		*Percent Daily Values are based on a 2,000 calorie diet.	
Amount Per Serving		Your daily values may be higher or lower depending on your calorie needs:	
Calories 100 Calories from Fat 15			
	% Daily Value*		
Total Fat 1.5g	2%	Calories:	2,000 2,500
Saturated Fat 0g	0%	Total Fat Less than	65g 80g
Trans Fat 0g	0%	Sat Fat Less than	20g 25g
Cholesterol 255mg	85%	Cholesterol Less than	300mg 300mg
Sodium 50mg	2%	Sodium Less than	2,400mg 2,400mg
Total Carbohydrate 3g	1%	Total Carbohydrate	300g 375g
Dietary Fiber 0g	0%	Dietary Fiber	25g 30g
Sugars 0g		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Protein 17g			

Calamari With Zucchini & Asparagus

- 2 ½ lbs. cleaned calamari
- 1 small lime
- 2 garlic cloves crushed
- 3 tablespoons extra-virgin olive oil
- 1 large zucchini finely sliced
- 8 pcs of asparagus cut in half
- and julienned
- 1/4 teaspoon crushed red pepper
- Salt & freshly ground pepper to taste
- Chopped chive for garnish



Slice squid tubes into 1/2-inch-thick rings; leave tentacles whole. Rinse carefully inside and out and pat dry. Set aside. Scrub lime and cut crosswise into 1/8-inch-thick slices. Cut each slice into quarters and set aside. Heat 3 tablespoons oil in a large heavy skillet over high heat. Add the zucchini, asparagus, garlic, and 1/4 teaspoon crushed red pepper; sauté about 2 to 3 minutes. Add the calamari and sauté until opaque, 3-5 minutes. Add lime pieces, salt and pepper to taste, sauté until the lime is just heated through, 60 seconds longer. Transfer to a serving dish. Sprinkle with chopped chives and serve immediately.

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.
404-30	2-4" Tubes & Tentacles	Product of China	Loligo Chinensis	12/2.5 lbs.	30 lbs.
405-30	2-4" Tubes Only	Product of China	Loligo Chinensis	12/2.5 lbs.	30 lbs.
406-30	4-6" Tubes & Tentacles	Product of China	Loligo Chinensis	12/2.5 lbs.	30 lbs.
407-30	4-6" Tubes Only	Product of China	Loligo Chinensis	12/2.5 lbs.	30 lbs.
408-30	Cut Rings Only	Product of China	Loligo Chinensis	12/2.5 lbs.	30 lbs.
409-30	Cut Rings & Tentacles	Product of China	Loligo Chinensis	12/2.5 lbs.	30 lbs.
404-10	2-4" Tubes & Tentacles	Product of China	Loligo Chinensis	4/2.5 lbs.	10 lbs.
405-10	2-4" Tubes Only	Product of China	Loligo Chinensis	4/2.5 lbs.	10 lbs.
406-10	4-6" Tubes & Tentacles	Product of China	Loligo Chinensis	4/2.5 lbs.	10 lbs.
407-10	4-6" Tubes Only	Product of China	Loligo Chinensis	4/2.5 lbs.	10 lbs.
408-10	Cut Rings Only	Product of China	Loligo Chinensis	4/2.5 lbs.	10 lbs.
409-10	Cut Rings & Tentacles	Product of China	Loligo Chinensis	4/2.5 lbs.	10 lbs.

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P.O. Box 5369 - Newark, NJ 07105 - PH: 800-543-2110

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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