

# Fisherman's Pride Blue Label® Calamari



"THE PRIDE OF THE INDUSTRY"

**RUGGIERO SEAFOOD, INC.**

Distributor of Frozen Calamari and other Seafood Products  
[www.RuggieroSeafood.com](http://www.RuggieroSeafood.com)  
866-CALAMARI (225-2627)

## Fisherman's Pride® Cleaned Calamari

Our Fisherman's Pride Blue Label® Brand Calamari is caught in the deep pure water of the South China Sea. As the premier species of Calamari harvested from Asia, this product provides the most critical Chefs with a product that has pure white flesh, sweet natural flavor, very little shrinkage, tender texture, and very good cooking characteristics. Fisherman's Pride Blue Label® Brand 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 Blue Label<sup>®</sup> Calamari

## Squid in Mushroom Sauce

- 2 ½ lbs. cleaned calamari
- ½ cup olive oil
- 1 garlic clove (chopped)
- 1 tbs anchovy paste
- 1 tsp. Italian parsley (minced)
- ½ cup dry white wine or dry vermouth
- 1 8 oz. can tomato sauce
- 4 oz. canned mushrooms with juice
- Salt and pepper (if desired)

Thaw and wash calamari. Cut squid into ½ inch rings.  
Heat olive oil in a saucepan; then add garlic, anchovies and parsley.  
While this sautés, pour in wine or vermouth.  
Add tomato sauce, salt, pepper and mushrooms. Add squid.  
Cover and cook over medium heat for about 10 minutes.  
Test squid with fork for tenderness. Makes 6 entree servings.

### Nutrition Facts

Serving Size: 4 oz. (113 grams)  
Servings Per Container About 10

| Amount Per Serving        |       |                      |
|---------------------------|-------|----------------------|
| Calories 100              |       | Calories from Fat 15 |
|                           |       | % Daily Value*       |
| <b>Total Fat</b>          | 1.5g  | <b>2%</b>            |
| Saturated Fat             | 0g    | <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 Carbohydrate</b> | 3g    | <b>1%</b>            |
| Dietary Fiber             | 0g    | <b>0%</b>            |
| Sugars                    | 0g    |                      |
| <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:

|                       |         |         |
|-----------------------|---------|---------|
| 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. |
|--------|------------------------|-------------------|------------------|-------------|----------|
| 484-30 | 2-4" Tubes & Tentacles | Product of China  | Loligo Chinensis | 12/2.5 lbs. | 30 lbs.  |
| 485-30 | 2-4" Tubes Only        | Product of China  | Loligo Chinensis | 12/2.5 lbs. | 30 lbs.  |
| 486-30 | 4-6" Tubes & Tentacles | Product of China  | Loligo Chinensis | 12/2.5 lbs. | 30 lbs.  |
| 487-30 | 4-6" Tubes Only        | Product of China  | Loligo Chinensis | 12/2.5 lbs. | 30 lbs.  |
| 490-30 | 6-8" Tubes & Tentacles | Product of China  | Loligo Chinensis | 12/2.5 lbs. | 30 lbs.  |
| 491-30 | 6-8" Tubes Only        | Product of China  | Loligo Chinensis | 12/2.5 lbs. | 30 lbs.  |
| 488-30 | Cut Rings Only         | Product of China  | Loligo Chinensis | 12/2.5 lbs. | 30 lbs.  |
| 489-30 | Cut Rings & Tentacles  | Product of China  | Loligo Chinensis | 12/2.5 lbs. | 30 lbs.  |
| 484-10 | 2-4" Tubes & Tentacles | Product of China  | Loligo Chinensis | 4/2.5 lbs.  | 10 lbs.  |
| 485-10 | 2-4" Tubes Only        | Product of China  | Loligo Chinensis | 4/2.5 lbs.  | 10 lbs.  |
| 486-10 | 4-6" Tubes & Tentacles | Product of China  | Loligo Chinensis | 4/2.5 lbs.  | 10 lbs.  |
| 487-10 | 4-6" Tubes Only        | Product of China  | Loligo Chinensis | 4/2.5 lbs.  | 10 lbs.  |
| 490-10 | 6-8" Tubes & Tentacles | Product of China  | Loligo Chinensis | 4/2.5 lbs.  | 10 lbs.  |
| 491-10 | 6-8" Tubes Only        | Product of China  | Loligo Chinensis | 4/2.5 lbs.  | 10 lbs.  |
| 488-10 | Cut Rings Only         | Product of China  | Loligo Chinensis | 4/2.5 lbs.  | 10 lbs.  |
| 489-10 | Cut Rings & Tentacles  | Product of China  | Loligo Chinensis | 4/2.5 lbs.  | 10 lbs.  |

“The pride of the industry”



**Fisherman's Pride<sup>®</sup> - Ruggiero Seafood, Inc.**

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

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

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