

# Fisherman's Pride Purple 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

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.



# Fisherman's Pride Purple Label<sup>®</sup> Calamari

Nutrition Facts		Vitamin A 0% • Vitamin C 8% • Calcium 4% • Iron 4%	
Serving Size: 4 oz. (113 grams)			
Servings Per Container About 10			
<b>Amount Per Serving</b>			
Calories 100 Calories from Fat 15			
		% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>	Calories:	2,000 2,500
<b>Saturated Fat</b> 0g	<b>0%</b>	Total Fat Less than	65g 80g
<b>Trans Fat</b> 0g	<b>0%</b>	Sat Fat Less than	20g 25g
<b>Cholesterol</b> 255mg	<b>85%</b>	Cholesterol Less than	300mg 300mg
<b>Sodium</b> 50mg	<b>2%</b>	Sodium Less than	2,400mg 2,400mg
<b>Total Carbohydrate</b> 3g	<b>1%</b>	Total Carbohydrate	300g 375g
<b>Dietary Fiber</b> 0g	<b>0%</b>	Dietary Fiber	25g 30g
<b>Sugars</b> 0g		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
<b>Protein</b> 17g			

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 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 ginger, and more oil if necessary. When garlic is golden, add

## Calamari Curry Stir Fry with Mixed Vegetables

- |  |                                      |
|--|--------------------------------------|
| 2 ½ lbs. cleaned calamari                      | lengthwise                           |
| ¼ cup lime juice                               | 3 inches fresh ginger, finely grated |
| ½ teaspoon salt                                | 1 tablespoon ground coriander        |
| ½ large cauliflower, florets only              | 1 tablespoon ground cumin            |
| 1 Idaho potato, peeled and cut in ¾ inch cubes | ½ teaspoon turmeric                  |
| 2 tablespoons vegetable oil                    | ½ cup water                          |
| 1 medium onion, thinly sliced                  | Fresh coriander                      |
| 3 cloves garlic, sliced                        |                                      |

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.

4. Cook your favorite rice as an accompaniment.

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.
454-30	2-4" Tubes & Tentacles	Product of India	Loligo Duvauceli	12/2.5 lbs.	30 lbs.
455-30	2-4" Tubes Only	Product of India	Loligo Duvauceli	12/2.5 lbs.	30 lbs.
456-30	4-6" Tubes & Tentacles	Product of India	Loligo Duvauceli	12/2.5 lbs.	30 lbs.
457-30	4-6" Tubes Only	Product of India	Loligo Duvauceli	12/2.5 lbs.	30 lbs.
450-30	6-8" Tubes & Tentacles	Product of India	Loligo Duvauceli	12/2.5 lbs.	30 lbs.
451-30	6-8" Tubes Only	Product of India	Loligo Duvauceli	12/2.5 lbs.	30 lbs.
458-30	Cut Rings Only	Product of India	Loligo Duvauceli	12/2.5 lbs.	30 lbs.
459-30	Cut Rings & Tentacles	Product of India	Loligo Duvauceli	12/2.5 lbs.	30 lbs.

“The pride of the industry”



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

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For more information, pricing, or to place an order, contact us

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