

ITALIAN BREADED CALAMARI RINGS



SEA WATCH ITALIAN BREADED CALAMARI RINGS

Sea Watch only uses Loligo (calamari) which is naturally creamy, white and tender. Calamari has become increasingly popular because it is sweet, versatile, and easy to prepare. Sea Watch carefully selects the finest calamari and breads it with a classic Italian breading for the foodservice market.

Sea Watch Calamari is popular as an appetizer or entrée, and are served at Quick Service, Casual & Family Style Restaurants, B & I, Catering and College and University operations.

CONSISTENT BREADING AND BATTER COVERINGS allow a more uniform appearance and sweet taste

PORTION & BULK PACKAGING meet operator needs, provide for less waste

AVAILABLE YEAR ROUND Sea Watch sources from worldwide sources --an excellent year round menu idea to build foodservice operator sales.

TRANS FAT FREE



Italian Breaded Calamari Rings

PREPARATION INSTRUCTIONS

KEEP FROZEN: until ready to use - do not refreeze.

COOK TO A MINIMUM, INTERNAL TEMPERATURE OF 160°F (71°C)

DEEP FRY: Deep fry at 350°F for approximately 1- 1½ minutes - or until golden. Do not overcook

CONVENTIONAL OVEN: Place rings on a baking sheet and cook at 400°F for 5 minutes. Flip over and cook for 5 minutes more.

Nutrition Facts	
24 serving per container	
Serving size	4 oz. (113g)
Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 890mg	39%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 140mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Based on QA01

CODE	DESCRIPTION	CASE PACK	GROSS WT.	NET WT.	CASE CUBE	PALLET
QA01	Calamari Rings	6 lb.	7 lb.	6 lb.	.41	14x10
QM31	Fresh Breaded Calamari Rings	2/5 lb.	12 lb.	10 lb.	.60	10x7

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Profitable Versatile High in Protein

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MADE in U.S.A.

