



041210 - MRS. FRIDAY'S® ITALIAN BREADED CALAMARI RINGERS

Our "try it and you'll love it" calamari are tenderized and coated with seasoned breadcrumbs to deliver unmatched flavor in a crunchy, tender bite. Its back-of-the-house, hand-breaded look adds appeal for guests and operators alike. An increasingly popular and versatile treat, Mrs. Friday's® calamari ringers adds distinction to any menu.



Brand: Mrs. Friday's

Nutrition Facts

48 servings per container

Serving size **4 ounces (113.4g)**

Amount per serving
Calories 200

% Daily Value*

Total Fat 2g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 130mg **44%**

Sodium 750mg **33%**

Total Carbohydrate 32g **11%**

Dietary Fiber 0.5g **3%**

Soluble Fiber 0

Insoluble Fiber 1g

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 0mcg 0% • Calcium 20mg 2%

Iron 2mg 10% • Potassium 170mg 4%

* 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.

Ingredients

Calamari, Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Corn Starch, Corn Flour, Salt, Dextrose, Wheat Gluten, Garlic Powder, Spices, Onion Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Soy Flour, Sunflower Oil, Yeast, Guar Gum, Paprika Extract, Parsely, Palm Oil, Paprika Extract, Natural And Artificial Flavor, Potassium Carbonate, Sodium Phosphate. Contains: Wheat, Soy.

Product Specifications

GTIN	10070017412100	Case Gross Weight	14.51 LB
UPC		Case Net Weight	12 LB
Pack Size	6 / 2LB	Case L,W,H	14.60 IN, 12.25 IN, 11.10 IN
Shelf Life	540 Days	Cube	1985.24 INQ
Tie x High	12 x 4		

Preparation and Cooking

Keep frozen until ready to use. Do not refreeze. Cook to an internal temperature of 165°F. Appliances may vary. DEEP FRYER: Heat oil to 350°F. Add calamari shaking basket occasionally to prevent from adhering. Fry approximately 1 minute or until golden brown.

Serving Suggestions

- Flavorful appetizers or hors d'oeuvres
- Salads or bruschetta
- Seafood platters
- Banquets and catering
- Tapas plates

Packaging and Storage

Keep Frozen

Allergens

CONTAINS:

Soybeans or Soybean Derivatives, Wheat or Wheat Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Tree nuts or Tree nut Derivatives

Barcode

Case Barcode



10070017412100