



# 057802 - MRS. FRIDAY'S® BREADED CALAMARI RINGS



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 Rings add distinction to any menu.

Brand: Mrs. Friday's

## Nutrition Facts

53 servings per container

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

Amount per serving  
**Calories 200**

% Daily Value\*

Total Fat 5g **6%**

Saturated Fat 1g **4%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 155mg **51%**

Sodium 560mg **25%**

Total Carbohydrate 26g **9%**

Dietary Fiber 0g **1%**

Soluble Fiber 0

Insoluble Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 0mcg 0% • Calcium 25mg 2%

Iron 0.4mg 4% • Potassium 180mg 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, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Tapioca Starch, Soybean Oil, Salt, Corn Starch, Potato Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Corn Flour, Sugar, Palm Oil, Soy Flour, Yeast, Garlic Powder, Yeast Extract, Dextrose, Spices, Natural Flavor, Onion Powder, Paprika Extract, Citric Acid, Guar Gum, Potassium Carbonate, Sodium Phosphate, Annatto Extract. Contains: Wheat, Soy.

## Product Specifications

GTIN	10041338578028	Case Gross Weight	10.97 LB
UPC		Case Net Weight	10 LB
Pack Size	4 / 2.5LB	Case L,W,H	14.72 IN, 11.02 IN, 8 IN
Shelf Life	725 Days	Cube	0.74 CF
Tie x High	12 x 5		

## Preparation and Cooking

Keep frozen until ready to use. Do not refreeze. Cook to an internal temperature of 165°F. Appliances may vary. CONVECTION OVEN: Preheat oven to 400°F. Place product on baking sheet. Cook for approximately 10 to 12 minutes or until golden brown. 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

- Appetizers or Hors d'oeuvres
- Distinctive seafood platters
- Banquets and catering

## 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, Sesameseeds or Sesameseed Derivatives, Treenuts or Treenut Derivatives

## Barcode

Case Barcode



10041338578028