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Regular Cleaned Squid

Squid are undeniably irresistible. Whether they are used to make crunchy calamari salads, grilled and stuffed tubes or sautéed tentacles, there is something to be found for every taste palate. Soft and succulent, with just the right amount of chewiness, our squid are guaranteed crowd pleasers.



Nutrition Facts

Serving Size 3.5 oz (99g) Raw

Amount Per Serving

Calories 90 Calories from Fat 20

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 225mg **75%**

Sodium 40mg **2%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 15g

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

Features and Benefits:

Our Oyster Bay regular cleaned squid comes in a variety of forms to customize your recipes. Whether you are looking for calamari-ready product, or tubes that you can cut to your preference, our Oyster Bay squid is sure to satisfy!

Menu Ideas:

Our premium quality squid has endless menu applications. Try the classic calamari fritti served with marinara sauce. For a lighter version, marinate with herbs or citrus, then char on the grill and serve with an herb aioli. Squid is perfect for cold seafood salads or in other seafood classics like Cioppino or Risotto Fructe De Mare. The possibilities are endless and Oyster Bay squid will shine every time!

Handling:

Keep frozen up to 24 months.

10 lb

5/8" Tube & Tentacle
Item No. 630066
GTIN 10049029427983

5/8" Tube Only
Item No. 630070
GTIN 10049029427020

3/5" Rings & Tentacles
Item No. 630160
GTIN 10049029427105

50 lb

5/8" Tube & Tentacle
Item No. 630067
GTIN 10049029427969

5/8" Tube Only
Item No. 630071
GTIN 10049029427006

Product Description	5/8" Tube & Tentacle, 5/8" Tube Only	3/5" Rings & Tentacles
Pack Size	4 x 2.5 lb	20 x 2.5 lb
Master Case Net Weight	10 lb	50 lb
Master Case Gross Weight	13 lb	63 lb
Case Dimensions & Case Cube	12"L x 6.5"W x 7.5"H • 0.339	19"L x 14"W x 10.5"H • 1.616
Pallet Ti x Hi	14 x 11	7 x 6
Method of Catch	Wild Caught	Wild Caught
Storage	Keep Frozen 0°F (-18°C)	Keep Frozen 0°F (-18°C)
Shelf Life	24 months	24 months
Species	<i>Uroteuthis duvauceli</i>	<i>Uroteuthis duvauceli</i>
Country of Origin	China	China