



### 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
<b>Pack Size</b>	4 x 2.5 lb	20 x 2.5 lb
<b>Master Case Net Weight</b>	10 lb	50 lb
<b>Master Case Gross Weight</b>	13 lb	63 lb
<b>Case Dimensions &amp; Case Cube</b>	12"L x 6.5"W x 7.5"H • 0.339	19"L x 14"W x 10.5"H • 1.616
<b>Pallet Ti x Hi</b>	14 x 11	7 x 6
<b>Method of Catch</b>	Wild Caught	Wild Caught
<b>Storage</b>	Keep Frozen	Keep Frozen
<b>Shelf Life</b>	24 months	24 months
<b>Country of Origin</b>	China / Indonesia	China / Indonesia



Learn more at [www.harborseafood.com](http://www.harborseafood.com)

## 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.