

BATTERED CALAMARI RINGS

**OVEN
READY**



*Tasty Profits
...In A Snap!*

Fisherman's Pride® oven ready battered calamari rings; just heat in the oven for 12 to 15 minutes and they're ready to enjoy without the fuss of deep fried preparation. Great for any food establishment that wants tasty, tender battered calamari rings with a crispy coating. Your patrons will love them!



**"THE PRIDE OF THE INDUSTRY"
Ruggiero Seafood, Inc.**

Processors of Fresh and Frozen Calamari and other Seafood Products

BATTERED CALAMARI RINGS

HOW TO MAXIMIZE YOUR PROFITS

“Turn Key” Package

Our “Turn Key Package” includes everything you need to start serving delicious fried calamari rings to your customers; even if you don't own a deep fryer. Along with our “oven ready” calamari rings, we'll provide you with our special honey mustard dipping sauce and oven safe cooking/serving dishes. Just heat in your oven and serve.

“By The Bulk”

Deep fried calamari rings are one of the most popular appetizers served in restaurants. We are now offering a new market segment; “oven ready” battered calamari rings with the same great taste and texture as deep fried, without the hassle of preparation. If your establishment has a conventional/convection oven or deep fryer, Ruggiero Seafood recommends buying “By The Bulk”. Whether serving appetizer or entree portions, our delicious low cost rings are less labor intensive giving you higher profits.



Cooking Instructions:

**Keep frozen until ready to prepare.
Do not refreeze.**

Conventional Oven: Preheat oven to 375°. Place frozen battered calamari rings on a baking sheet. Bake for 12-15 minutes, turning after half the baking time has elapsed.

Deep Fry: Heat oil to 350°. Fry frozen battered calamari rings for about 1 minute or until golden brown. Drain and serve.

Not recommended for microwave cooking.

Packing Information

Fisherman's Pride®

CODE	PRODUCT DESCRIPTION	PACKED	NET WT.
138	OVEN READY BATTERED CALAMARI	6 1/2 LB BOX (9-4 OZ. PKG. PER BOX)	12 LBS.
138-15		1 1/15 NKF BULK	15 LBS.

Nutrition Facts

Serving Size: 4 oz (114g) Servings Per case: 48, in bulk 60

Amount Per Serving		Calories from Fat 100%	
Calories 320			
% Daily Value*			
Total Fat 11g		17%	
Saturated Fat 4g		20%	
Cholesterol 25mg		8%	
Sodium 440mg	25mg	18%	
Total Carbohydrate 40g		13%	
Dietary fiber 6g		17%	
Sugars 0g			
Protein 15g		0%	

Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	
* Percent Daily Values based on a 2,000 calorie diet. You 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 • Protein 4			



**“THE PRIDE OF THE INDUSTRY”
Ruggiero Seafood, Inc.**