



Calamari Rings

ALL NATURAL

NO PRESERVATIVES

HIGH IN PROTEIN

**INDIVIDUALLY
QUICK FROZEN
CLEANED
CALAMARI
RINGS**

**KEEP FROZEN
DO NOT
REFREEZE**

Net Wt.: 12 oz. (340g.)



Nutrition Facts

Serving Size: 1/2 Cup (110 g)
Servings Per Container About 3

Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Trans Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 255mg	85%
Sodium 50mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
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	

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RECIPE IDEAS FOR USING FISHERMAN'S PRIDE®™ CALAMARI RINGS

Fried Rings

12oz. calamari 1 1/2 cups Italian flavored
2 eggs (beaten) bread crumbs
2/3 cup milk Oil for frying

Thaw and rinse calamari. Rings are precut. Drain and dry thoroughly with paper towel. Dip rings into egg mixture; then coat with crumbs. Place in a single layer in fry basket. Deep fry in hot oil (350°F) for 45 seconds or until lightly browned.

Squid in Mushroom Sauce

12oz. calamari 1 8 oz. can tomato sauce
1/2 cup olive oil 4 oz. canned mushrooms
1 garlic clove (chopped) with juice
3 anchovy fillets (chopped) Salt and pepper (if desired)
1 tsp. Italian parsley 1/2 cup dry white wine or
(minced) dry vermouth

Thaw and rinse calamari. Rings are precut. Heat olive oil in a saucepan; then add garlic, anchovies and parsley. While this sautés, pour in wine or vermouth. Add tomato sauce, salt, pepper and mushrooms. Add squid. Cover and cook over medium heat for about 10 minutes. Test squid with fork for tenderness.

COOKING INSTRUCTIONS

Note: Fisherman's Pride Brand Calamari DOES NOT require prolonged cooking time. Overcooking will cause calamari to become tough and chewy.

Thawing: Thaw under cold running water.

Frying: From a raw defrosted state, flour or bread to order. Fry in hot oil (350°) for about 45 seconds or until golden brown.

Boiling: Bring water to boil. Add defrosted calamari to water for about 30 seconds. Drain immediately and immerse calamari into a cold water bath to stop cooking process (very important). Drain again and refrigerate.

Cooking in Sauce: Follow boiling in water instructions. Add cooked rings to prepared hot sauce for about 2 to 3 minutes and serve.

Product of: _____

- USA PERU
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KEEP FROZEN UNTIL READY TO USE
DO NOT REFREEZE

THAW UNDER COLD RUNNING WATER
INGREDIENTS: SQUID, WATER

WILD CAUGHT