

# American Calamari Red Label Brand

(LOLIGO PEALEI)



**Discover  
The Difference!**

Our domestic Red Label Brand calamari is America's best. Caught in the north Atlantic by our own vessel for immediate processing at our own plant, we have implemented the strictest quality control guidelines to assure freshness and taste. Naturally tender, Loligo Pealei has very little shrinkage when prepared.



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

*Processors of Fresh and Frozen Calamari and other Seafood Products*

# American Calamari Red Label Brand

(LOLIGO PEALEI)

## TRY OUR SERVING SUGGESTIONS

### Calamari Salad *(Cover Photo)*

- 2 1/2 lbs. calamari
- 1 bag mesclun lettuce
- 2 cups cherry tomatoes, sliced into halves
- 4 tbs. mixed salad herbs
- 4 cloves garlic (chopped)
- salt and black pepper (if desired)
- vinaigrette dressing

Thaw and wash calamari. Slice tubes into 1/4 - 1/2 inch rings; tentacles into smaller pieces. Blanch 3 to 4 minutes, then set aside to cool. Rinse mesclun lettuce and cherry tomatoes in cold water; spin or pat dry. In a large salad bowl toss mesclun, cherry tomato halves, salad herbs, chopped garlic, salt and black pepper. Place into individual salad dishes; on each, arrange approximately 5 oz. of calamari and top with your favorite vinaigrette dressing.

Serves 6

### Boston Baked Squid

- 2 1/2 lbs. calamari
- 1 cup dry Italian flavored bread crumbs
- 2 tbs. Italian parsley (chopped)
- 1 tsp. dried oregano
- 1 large onion (chopped)
- 2 garlic cloves (minced)
- 2 tbs. butter
- 1 egg (beaten)
- 1 chicken bouillon cube
- 1/4 cup boiling water
- 1 8 oz. can tomato sauce
- salt and pepper (as desired)

Thaw and wash squid. Remove fins. Finely chop fins and tentacles. Set tubes aside. Mix together bread crumbs, parsley, oregano, salt and pepper. In a saucepan, add butter, onions and garlic. Saute until tender but not brown; stirring frequently. Mix in chopped squid meat. Dissolve bouillon in boiling water, mix with egg. Add to bread crumb mixture. Fill mantles with stuffing. Place in a greased baking dish. Pour tomato sauce over stuffed tubes. Bake in 350° oven for 30 minutes.

Makes 6 to 8 servings.

## Nutrition Facts

Serving Size: 1/2 cup (110g) Servings Per Container: 10

Amount Per Serving		Vitamin A 0%		Vitamin C 0%	
<b>Calories</b> 60	Calories from Fat 10	<b>Calcium</b> 2%		<b>Iron</b> 4%	
<b>% Daily Value*</b>					
<b>Total Fat</b> 1g		Calories: 2,000 2,500			
Saturated Fat 0g	0%	Total Fat	Less than 65g	80g	
<b>Cholesterol</b> 340mg	112%	Sat Fat	Less than 20g	25g	
<b>Sodium</b> 180mg	8%	Cholesterol	Less than 300mg	300mg	
<b>Total Carbohydrate</b> less than 1g	0%	Sodium	Less than 2,400mg	2,400mg	
Dietary Fiber 0g	0%	Total Carbohydrate	300g	375g	
Sugars 0g		Dietary Fiber	25g	30g	
<b>Protein</b> 13g		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

## Packing Information

### Fisherman's Pride - Red Label

CODE	PRODUCT DESCRIPTION	PACKED	NET WT.	GROSS WT.	CASE SIZE	PRICE/LB
114	3-5" TUBES & TENTACLES	20/2.5	50	53.45	19x13x9	
115	3-5" TUBES ONLY	20/2.5	50	53.45	19x13x9	
116	5-8" TUBES & TENTACLES	20/2.5	50	53.45	19x13x9	
117	5-8" TUBES ONLY	20/2.5	50	53.45	19x13x9	
118	8-12" TUBES & TENTACLES	10/5.	50	53.45	19x13x9	
119	8-12" TUBES ONLY	10/5.	50	53.45	19x13x9	
122	RINGS ONLY (BLOCK FRZ.)	10/5.	50	53.45	19x13x9	
123	RINGS&TENT.(BLOCK FRZ.)	10/5.	50	53.45	19x13x9	
116-10	5-8" TUBES & TENTACLES	4/2.5	10	12.4	10x7x8.5	
117-10	5-8" TUBES ONLY	4/2.5	10	12.4	10x7x8.5	
118-10	8-12" TUBES & TENTACLES	2/5.	10	12.4	13x6.5x6	
119-10	8-12" TUBES ONLY	2/5.	10	12.4	13x6.5x6	
122-10	RINGS ONLY (BLOCK FRZ.)	2/5.	10	12.4	13x6.5x6	
123-10	RINGS&TENT.(BLOCK FRZ.)	2/5.	10	12.4	13x6.5x6	
116-30	5-8" TUBES & TENTACLES	30/1	30	34	18.5x12.75x9	
116-25	5-8" TUBES & TENTACLES	10/2.5	25	27.8	13.5x9.75x10	
117-25	5-8" TUBES ONLY	10/2.5	25	27.8	13.5x9.75x10	



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