



All Natural • Fully Cleaned

Calamari

TUBES & TENTACLES

Wild Caught

NET WT. 16oz. (1lb.) 454g



KEEP FROZEN

PLEASE REMOVE GRAY AREA FROM ARTWORK. REPRESENTS CLEAR AREA & DIELINE.

◀ FILL AREA

Nutrition Facts

Serving Size: 4 oz. raw (112g)
Servings Per Container: 4

Amount Per Serving

Calories 110 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 260mg 87%

Sodium 50mg 2%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 17g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may vary 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
Protein		50g	65g

INGREDIENTS: SQUID, WATER.

PRODUCT OF CHINA



America's Calamari Leader

When the finest restaurants put calamari on the menu, chances are it's Town Dock Calamari. From our home in Point Judith, Rhode Island, we provide the best-tasting, most tender calamari the oceans have to offer.

Thawing: Thaw in refrigerator for 8-10 hours or place under cold running water for 5-10 minutes.

KEEP FROZEN UNTIL READY TO USE.

DISTRIBUTED BY:
THE TOWN DOCK
45 STATE STREET
NARRAGANSETT, RI 02882
www.towndock.com



"Rhode Island Style" Calamari (Serves 3-4)

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|--|-------------------------------------|
| 1 lb. Town Dock Calamari Tubes & Tentacles | Pickled Hot Cherry Peppers, sliced |
| 3/4 cup Flour | Sliced Pepperoncini Rings, sliced |
| 1 tsp. Garlic Powder | 1 tbs. Pepperoncini Juice |
| Black Pepper to taste | 3 Cloves Garlic, peeled and chopped |
| Corn Oil | |

Begin heating corn oil in a heavy skillet on medium-high heat. Coat pan with about 1/4 inch of oil. Mix flour, garlic powder and pepper in a plastic bag. Cut calamari tubes into 1/2 inch rings. Add calamari rings and tentacles into the bag and shake until they are evenly coated. Shake off excess flour. Place an even layer of calamari into the skillet when oil is very hot. Cook until golden brown (approx. 1 1/2 minutes.) Remove calamari rings and tentacles from skillet and set aside on paper towels. Repeat as needed. While calamari is cooking, in a separate skillet combine chopped garlic with oil, peppers, pepperoncini juice and heat. Add all cooked calamari rings and tentacles then toss until evenly coated. Remove and serve immediately.

Town Dock Calamari over Angel Hair Pasta (Serves 4)

- | | |
|--|----------------------------|
| 1 lb. Town Dock Calamari Tubes & Tentacles | 1/2 cup White Cooking Wine |
| 1 lb. Angel Hair Pasta | Imported Olive Oil |
| 4 oz. Roasted Red Peppers | Chopped Garlic |
| 4 oz. Kalamata Olives | Chopped Basil |
| 4 oz. Artichoke Hearts | Cracked Black Pepper |

Cut calamari tubes into rings and set aside. Cook pasta as directed on package. In sauté pan, heat oil and garlic until the garlic begins to sizzle. Add red peppers, olives, and artichoke hearts. When vegetables become tender, add calamari rings and tentacles and sauté for approx. 2 minutes. Add wine and bring to a simmer. Remove from heat and serve immediately over pasta. Sprinkle basil and black pepper to taste.

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