

# Premium Squid Tubes

...Quality you have come to count on

More than just calamari, TEJA Squid Tubes can be stuffed, deep fried, grilled, skewered on a kabob or simmered low & slow. Packed raw, this crowd favourite is easy to prepare.



**TEJA**  
FOOD GROUP



# Nutrition Facts

Serving Size 100 grams (100 grams)

## Amount Per Serving

Calories 92      Calories from Fat 12

### % Daily Value\*

**Total Fat** 1g      2%

Saturated Fat 0g      2%

Trans Fat

**Cholesterol** 233mg      78%

**Sodium** 44mg      2%

**Total Carbohydrate** 3g      1%

Dietary Fiber 0g      0%

Sugars 0g

**Protein** 16g

Vitamin A      1% • Vitamin C      8%

Calcium      3% • 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.

## Features & Benefits

- ✓ Raw Individual Quick Frozen Tubes
- ✓ Great colour and texture
- ✓ Cleaned Tube for ease of preparation
- ✓ Packed 10 kg Shatter pack / frozen
- ✓ 100% Net Weight



Product #	Description	Pack
0225	10/20ct Cleaned Squid Tube	1/10 kg
0333	U/10ct Cleaned Squid Tube	1/10 kg

