

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

