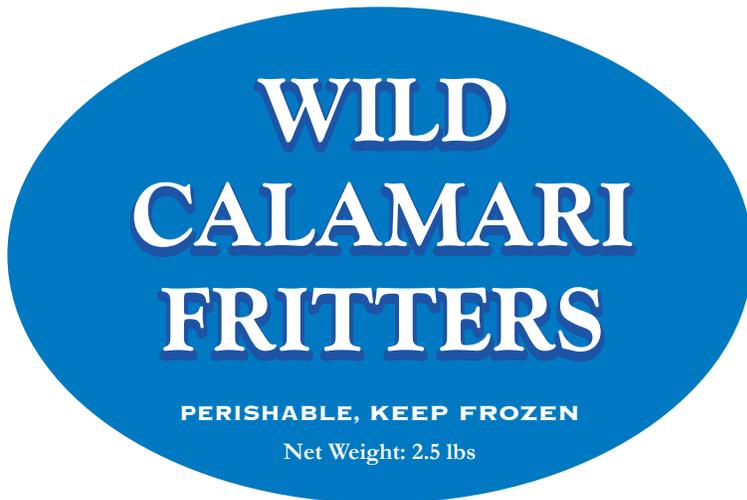


Dear Valued Customer

Thank you for purchasing our Wild Calamari Fritters. The following information is provided to help you maintain the freshness and safety of the product. Upon receipt of this product, please store in your freezer for storage up to six (6) months. This product should be cooked from frozen.

Sincerely,
Anderson Seafoods Family

Nutrition Facts	
about 7 servings per container	
Serving size	3 oz (85g)
Amount Per Serving	
Calories	190
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 290mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 2mg	10%
Potassium 135mg	2%
<small>* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Method	Temperature	Time	
*Bake	450 F°	16-18 minutes	*Flip half way and
Air Fry	400 F°	10-12 minutes	continue cooking

***Place in broiler for an additional 2 minutes for a crispier crust in oven**

Made in a facility that processes Milk, Wheat, Soy, Tree Nuts & Shellfish.

INGREDIENTS:
Calamari (Squid, water, Sodium acid pyrophosphate, Sodium tripolyphosphate [to retain moisture], salt) Enriched flour (Wheat flour, Niacin, Iron, Thiamine, Riboflavin, Folic acid), Water, Soybean oil, Modified tapioca starch, Disodium phosphate, Black pepper, Salt, Wheat gluten, Sugar, Garlic Powder, Onion Powder, Sunflower oil, Corn starch, Baking soda, Yeast, Guar gum, Xanthan gum, Paprika (color).

Allergen Warning: Squid, Wheat.

Since appliances vary, these instructions are guidelines only.

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