



**GREAT NORTHERN
PRODUCTS, LTD.**

LOLIGO SQUID

Loligo opalescens, or Loligo peallei



Warehouse Specifications:

Whole Frozen

Master Case Dimensions:

Gross Weight:

Pallet Configuration:

Nutritional Value:

Per 100gram serving size

Calories (kcal)	92
Total Fat	1.38g
Saturated	0.358g
Monounsaturated	0.107g
Polyunsaturated	0.524g
Cholesterol	233mg
Sodium	44mg
Total Carb	3.08g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	15.58g
Vitamin A	33iu
Vitamin C	4.7mg
Calcium	32mg
Iron	0.68mg

General Information:

Squid (Loligo) is commonly called Calamari and the two sources of fresh squid common in the US are *Loligo peallei* found in the North Atlantic, *Loligo opalescens* found on the US Pacific Coast. Powerful lights are often used to attract the squid to the surface where they are more easily captured.

Latin Name:

Loligo opalescens, or Loligo peallei

Fishing Season:

All Year Long - The Pacific Squid fishing vessels primarily use purse seines, although scoop nets are also used in the southern California fishery. Seines used for Squid do not hang as deep as seines used for other species, so contact with the bottom is reduced.

Average size and Weight:

Average 100g and 20cm mantle length.

Product Available / Frozen

Whole round

Sensory Characteristics:

Loligo squid has eight arms, two tentacles and a tubular shaped body that narrows to a point with two fleshy wings along the rear part of the body. The flesh is white, in both the raw and cooked form.

COOL:wild caught, USA

Ingredients:

Squid

Quality Control: HACCP
& CFIA approved



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