



## Arrow Squid

Toppits Squid is Fully Cleaned  
Mild, Sweet Flavour  
Naturally Tender

# Arrow Squid

Toppits Arrow Squid offers a delicious squid bite. White in colour, Arrow Squid makes for an amazing plate presentation when coupled with bright vegetables. With a mild, sweet flavour, this squid is ideal for new seafood customers. Choose from tubes or tubes and tentacles. All formats are fully cleaned and all tentacles are skinned. Whether baked, fried, grilled, or sautéed, Toppits Arrow Squid makes the perfect calamari.



## Features & Benefits

- Firm white flesh
- Mild flavour profile with a subtle sweetness makes it a great introduction for new seafood consumers
- Shape of Arrow Squid tubes are wider compared to other species creating a distinct plate presentation, especially when grilled or sautéed
- Tentacles are fully skinned, giving a unique, white colour

### Nutrition Facts Valeur nutritive

About 1 cup (100 g)  
pour environ 1 tasse (100 g)

<b>Calories 90</b>		<small>% Daily Value*</small>
		<small>% valeur quotidienne*</small>
<b>Fat / Lipides</b> 1.5 g		2 %
Saturated / saturés 0.4 g		2 %
+ Trans / trans 0 g		
<b>Carbohydrate / Glucides</b> 3 g		
Fibre / Fibres 0 g		0 %
Sugars / Sucres 0 g		0 %
<b>Protein / Protéines</b> 16 g		
<b>Cholesterol / Cholestérol</b> 235 mg		
<b>Sodium</b> 480 mg		21 %
Potassium 250 mg		5 %
Calcium 30 mg		2 %
Iron / Fer 0.75 mg		4 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Item	Description	Brand	Origin	Pack	SCC
SQTU10Q10	Arrow Squid Tubes (Fully Cleaned) [U/10 ct]	Toppits	China	1/10 kg	10068689107004
SQTTU10Q10	Arrow Squid Tubes & Tentacles (Fully Cleaned) [U/10 ct]	Toppits	China	1/10 kg	10068689108544

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