



Ingredients

Durum wheat semolina, water.

Its shape brings to mind squid rings, hence the name Calamarata (calamaro = squid). A classic Neapolitan dish and close relative of pacchero pasta, without eggs, it shares tastiest and most typical sauces with it, especially fish-based ones. It gave its name to the namesake recipe, the best known and most offered.

Average nutritional values per 100 g

Energy kJ 1183 – Energy kcal 279 – Fats g 1,2 of which saturated fats g 0,24 – Carbohydrates g 56,1 of which sugars g 3,0 – Proteins g 9,6 Salt g 0,05

Calamarata



D22

Data Sheet

