



NAU Seafood

1100993 - Small Sardine

NAU Seafood Small Sardines are carefully harvested and frozen for exceptional quality, rich omega-3, heart-healthy. Versatile, sustainable delight. 28.2oz package, Master case: 12 units, budget-friendly, eco-conscious choice.



* Benefits

NAU Seafood Small sardines, commonly known as "sardina pilchardus," are a type of oily fish that belong to the herring family. They are harvested mainly in the Portuguese coast in Atlantic Ocean open waters and are then frozen to preserve their freshness and flavor. Caught during their peak season, ensuring that they offer the best taste and nutritional value. NAU Seafood Small Sardines offer a blend of nutritional benefits, versatility, convenience, and unique flavors that attract a range of customers, from health-conscious individuals to culinary enthusiasts looking to explore new tastes. Their affordability and sustainability further add to their appeal, making them a popular choice in the frozen seafood market. Nutritional Value: NAU Seafood Small sardines are packed with essential nutrients, making them a popular choice among health-conscious consumers. An excellent source of omega-3 fatty acids, which are known to support heart health, brain function, and reduce inflammation. Rich Flavor: NAU Seafood Small sardines have a distinct and rich flavor profile. They offer a combination of fresh and oceanic flavors that appeal to seafood enthusiasts and culinary explorers. Convenience: Frozen NAU Seafood Small Sardines offer the convenience of longer shelf life, allowing customers to keep them in the freezer and use them as needed. This convenience is particularly appealing to busy individuals and families. Sustainability: Sardines are considered a sustainable seafood choice due to their abundance and relatively low impact on marine ecosystems. Customers who are environmentally conscious may be more inclined to purchase sardines that are harvested using sustainable fishing practices. Affordability: NAU Seafood Small sardines are often more affordable than larger, more premium seafood options. This makes them an attractive choice for budget-conscious consumers who still want to enjoy the benefits of seafood. Health Benefits: In addition to omega-3 fatty acids, NAU Seafood Small Sardines are a good source of protein, vitamin D, vitamin B12, and selenium. These nutrients contribute to overall health, making them an appealing choice for those seeking nutrient-rich foods. Texture: Small sardines often have a tender texture, especially when cooked properly. This appealing texture can enhance the eating experience for customers. Unique Appearance: The small size and silvery appearance of these NAU Seafood Small Sardines can captivate customers' attention, making them curious to try something new and different from their regular seafood choices.

Nutrition Facts

Servings per Container 8
Serving size 3.53OZ

Amount per serving
Calories 190

% Daily Value*

Total Fat	11g	14%
Saturated Fat	5g	25%
Trans Fat		
Cholesterol	35mg	12%
Sodium	65mg	3%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes Added Sugar	0g	0%
Protein	21g	
Vitamin D	6.44mcg	32%
Calcium	260mg	20%
Iron	1.8mg	10%
Potassium	602mg	13%

* The % Daily Value (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.

Ingredients

Sardine

⚠ Allergens

Contains:



Free From:



Handling Suggestions

Keep frozen until use.
Keep at 0F (-18C).
Once defrosted, do not refreeze.
Thaw by removing from the freezer and place into the refrigerator 8h before use.
After thawing treat as any fresh product.

Serving Suggestions

TAPAS: Elevate with Spanish flair Small Sardines on toasted bread, drizzled with olive oil, herbs, and zesty lemon.
SALAD: Boost salads with rich Small Sardines, leafy greens, tomatoes, olives, and delicate vinaigrette.
PASTA: Quick, flavorful pasta - blend Small Sardines, al dente spaghetti, garlic, red pepper flakes, and lemon zest.
TACOS: Playful twist on fish tacos - soft tortillas, Small Sardines, avocado, cabbage, and tangy yogurt sauce.
PIZZA: Transform pizza with Small Sardines, tomato sauce, and melty mozzarella for gourmet delight.
RICE BOWL: Balance flavors - Small Sardines, rice, steamed veggies, pickled radishes, and soy sauce.
CROSTINI: Elegant appetizer - Small Sardines on baguette, topped with roasted peppers and feta.
STIR-FRY: Infuse stir-fries with Small Sardines, bell peppers, broccoli, and savory sauce.
BRUSCHETTA: Mediterranean flair - grilled bread, Small Sardines, tomatoes, red onion, basil, and balsamic glaze.

Prep & Cooking Suggestions

Thaw by removing from the freezer and place into the refrigerator 8h before use.
After thawing treat as any fresh product.
Requires complete cooking before consumption.
To be seasoned according with personal taste.

Product Specifications

Brand	Manufacturer	Product Category
NAU Seafood	BeiraNova S.A.	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
5608212365808	103039	1100993	15608212365805		12/28.2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
22lb	21.16lb	Portugal	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.32in	12.44in	7.72in	0.96ft3	8x11	475days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	190	Total Fat	11g	Sodium	65mg
Protein	21	Trans Fats		Calcium	260mg
Total Carbohydrates...	1g	Saturated Fat	5g	Iron	1.8mg
Sugars	0g	Added Sugars	0g	Potassium	602mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(U)		Vitamin D	6.44mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

