

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.



		Nutrition Fa	Nutrition Facts		
	Servings per Container 8 Serving size 3.5302				
	SARDINE LADINA PROVINCE 3	Amount per serving Calories	190		
	% Daily Value*				
=	Total Fat 11g	14%			
		Saturated Fat 5g	25%		
		Trans Fat 0g			
		Cholesterol 35mg	12%		
* Benefits		Sodium 65mg	3%		
NAI I Gasfood Small sardings commonly known as "sarding nilchardus" are a tung of nily fish that	hadron to the barrion family. They are barrierfor birbly in the Dominiuse cost in Atlantic Oraso open waters and are then	Total Carbohydrate 1g	0%		
NAU Seafood Small sardines, commonly known as "sardina pilchardus," are a type of oily fish that frozen to preserve their freehrees and flavor. Caught during their peak season, ensuing that they convenience, and unique flavors that attract a range of customers, from health-conscious individu making them a popular choice in the frozen seafood market. Nutritional Volue: NAU Seafood Small source of omega ⁻¹ staty adds, which are known to support heart health, brain function, and reduu	Dietary Fiber 0g	0%			
fresh and oceanic flavors that appeal to seafood enthusiasts and culinary explorers. Convenience: and use them as needed. This convenience is particularly appealing to busy individuals and familie marine ecosystems. Customers who are environmentally conscious may be more inclined to purch affordable than larger, more premium seafood options. This makes them an attractive choice for b NAU Seafood Small Sardines are a good source of protein, vitamin O, vitamin B12, and selenium. To	Total Sugars 0g				
Small sardines often have a tender texture, especially when cooked properly. This appealing textur Seafood Samil Sardines can captivate customers' attention, making them curious to try something	rele nutrients contribute to overall health, making them an appealing choice for those seeking nutrienrich foods. Texture: Fair enhance the early increments for customers. Unique Appearance: The small size and silvery appearance of these NAU new and different from their regular seafood choices.	Includes 0g Added Sugar	0%		
Ingredients	Allergens	Protein 21g			
		Vitamin D 6.44mcg	30%		
Sardine	Contains:	Calcium 260mg	20%		
	(R) fish	Iron 1.8mg	10%		
	Free From:	Potassium 602mg	15%		
	Image: Construct construction Image: Construction Image: Construt	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.			

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. UNIT UPC: 5608212365808

Serving Suggestions

TARAS: Elevate with Spanish flair Small Sardines on toasted bread, drizzled with olive oil, herbs, and zesty lemon. SALAD: Boost salads with rich Small Sardines, leady greens, tomatoes, olives, and delicate vinaigrette. PASTK Quick, flavorful pasta - blend Small Sardines, al dente spaghetti, garlic, red pepper flakes, and lemon zest. Takas: Payla lives on fish tacos - soft tortillas, Small Sardines, avocado, cabbage, and tangy yogurt Takas: Payla lives on fish tacos - soft tortillas, Small Sardines, avocado, cabbage, and tangy yogurt RZZA: Transform pizza with Small Sardines, tomato sauce, and mely mozarella for gournet delight. RICE BOW: Balance flavors - Small Sardines, tonasto sauce, and mely mozate papers and feta. RICSTNI: Elegant appletzer. Small Sardines on tagatete, topped with reasted papers and feta. BRUSCHETTA: Mediterranean flar - grilled bread, Small Sardines, tomatoes, red onion, basil, and balsarie 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				
NAU Seafood					BeiraNova S.A.				
UPC		MFG #	SPC #		GTIN		Р	ack	Pack Desc.
56082123	865808	103039	110099	3 156	15608212365805		5		12/28.2 OZ
Gross We	eight	Net Weigl	nt Cou	ntry of Origin Ko		Kos	her	Ch	ild Nutrition
22lb		21.16lb		Portuga	al	No			
Shipping Information									
Length	Width	Height	Volume	TIxHI	Shelf I	ife	Storage Temp From/To		
17.32in	12.44in	7.72in	0.96ft3	8x11	475da	ays	-5°F/-2°F		





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Nutrition Analysis - By Measure

Calories	190	Total Fat	11g	Sodium	65mg
Protein	21	Trans Fats	Og	Calcium	260mg
Total Carbohydrates…	1g	Saturated Fat	5g	Iron	1.8mg
Sugars	Og	Added Sugars	Og	Potassium	602mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(IU)•		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



Syndigo