



NAU Seafood

# 1100998 - Seafood Mix

NAU Seafood Mix: Balanced blend of squid, clam, mussel, and shrimp in a 28.2oz pack (12/case). Prepped for quick, gourmet cooking. Endless culinary possibilities at your fingertips.



## Nutrition Facts

Servings per Container 8  
Serving size 1/2cup (3.53oz)

Amount per serving  
**Calories 87**

	% Daily Value*
<b>Total Fat</b> 1.4g	<b>2%</b>
Saturated Fat 0.36g	<b>2%</b>
<i>Trans Fat</i>	
<b>Cholesterol</b> 43mg	<b>14%</b>
<b>Sodium</b> 174mg	<b>8%</b>
<b>Total Carbohydrate</b> 8.8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 41mg	<b>3%</b>
Iron 4.1mg	<b>23%</b>
Potassium 101mg	<b>2%</b>

\* 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.

### \* Benefits

NAU Seafood Mix is a meticulously balanced combination of squid, tender clam meat, succulent mussel meat, and shrimp, all shell-off and conveniently packed into a 28.2oz package, with 12 units per case. Each component is carefully cleaned and prepped prior to packaging, ensuring a quick and simple cooking experience. No need to spend valuable time in the kitchen when you can have the perfect seafood blend at your fingertips. With our Seafood Mix, your culinary possibilities are endless. This versatile blend is the ideal foundation for classic seafood dishes like bouillabaisse and paella, allowing you to create restaurant-quality meals in the comfort of your own kitchen.

### Ingredients

MUSSEL / MOULE (*Mytilus chilensis*)  
FAO:87, SQUID/ENCORNET GANTE  
(*Dosidicus gigas*) FAO:87  
(WATER/EAU, SALT/SEL, SODIUM  
CITRATE/CITRATE DE SODIUM,  
CITRIC ACID/ACIDE CITRIQUE),  
CLAM/PALOURDE (*Paphia undulata*),  
FAO:71- SHRIMP/CREVETTE KIDI  
(*Parapenaeopsis stylifera*) FAO:51

### ⚠ Allergens

#### Contains:

crustaceans

#### Free From:

eggs fish milk peanuts soy  
 tree nuts wheat

### 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

PAELLA: Create a seafood paella by sautéing the mix with onions, bell peppers, and saffron-infused rice. Garnish with lemon wedges and parsley. PASTA: Toss the seafood mix with linguine, cherry tomatoes, and a garlic-white wine sauce. Finish with a sprinkle of Parmesan cheese and basil. CIOPPINO: Create a cioppino by simmering the mix in a tomato-based broth with onions, garlic, and herbs. Serve with crusty bread. BOUILLABAISE: Craft a classic bouillabaisse by simmering the seafood mix in a broth of tomatoes, saffron, and fennel. Serve with a side of rouille sauce and crusty baguette. RISOTTO: Stir the seafood mix into a risotto, white wine, and Parmesan cheese. Finish with herbs. SALAD: Create a seafood salad by tossing the mix with mixed greens, cherry tomatoes, and a citrus vinaigrette. Top with croutons for added crunch.

### 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.
5608212366010	103013	1100998	15608212366017		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	87	Total Fat	1.4g	Sodium	174mg
Protein	10	Trans Fats		Calcium	41mg
Total Carbohydrates...	8.8g	Saturated Fat	0.36g	Iron	4.1mg
Sugars	0g	Added Sugars	0g	Potassium	101mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	43mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

