

#### **NAU Seafood**

#### 1101005 - Whole Red Fish



NAU Seafood Red-Fish, side bones trimmed, in 28.2oz pack & master case of 12 units. Sustainability, flavor, nutrition, and versatility. Ideal for seafood enthusiasts seeking premium, responsible, delightful dining.



## \* Benefits

NAU Seafood Red-Fish, scientifically known as "Sebastes spp." is a valued cold-water fish species, sustainably caught under MSC certified fisheries. Each fish is carefully cleaned and forces, with side bones trimmed in our Portuguese facility. Recognized for their distinct reddish hue and fifty ms. succulent fields, they offer a harmonic flavor profile, bosting a gerifle weetness that appeals to diverse palates. Each 28.2 or package contains prenium-quality Red-Fish, conveniently packed in a Master case of 12 units, budget-frendly, eco-conscious choice. Sustainable flavor flav

Ingredients	▲ Allergens
Red-fish	Contains:
	Free From: Substituting crustaceans of eggs of milk of peanuts of sesame of soy of tree nuts of wheat

# **Nutrition Facts**

Servings per Container 8 Serving size 3.530Z

Amount per serving

Calories	100
% D	aily Value*
Total Fat 2.9g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 42mg	16%
Sodium 78mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 18.6g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0.6mg	3%
Potassium 0mg	0%

#### \* 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.

# 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: 5608212364948

#### Serving Suggestions

Versatility: NAU Seafood Red-Fish's firm texture lends itself to a multitude of cooking methods. Try grilling for a smoky flavor or baking for a delicate texture. For a twist, pan-sear with fresh herbs. Global Cuisine: Embrace culinary exploration by pairing NAU Seafood Red-Fish with flavors from around the world. Enhance its inherent sweetness with a tangy mango salsa for a tropical touch, or infuse Mediterranean charm with a garlic and lemon marinade. For an Asian fusion, glaze with a teriyaki sauce and serve over a bed of jasmine rice. The possibilities are endless!

## 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

NAU	Seafood		BeiraN	ova S.A	
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
5608212364948	103021	1101005	95608212364941		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	TIxHI	Shelf Life	Storage Temp From/To
17.32in	12.44in	7.72in	0.96ft3	6x11	475days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	100	Total Fat	2.9g	Sodium	78mg
Protein	18.6	Trans Fats	0g	Calcium	15mg
Total Carbohydrates	0g	Saturated Fat	0.5g	Iron	0.6mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	42mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images		

