

NAU Seafood

1101006 - Illex Squid



NAU Seafood Illex Squid, caught in Atlantic Ocean, frozen at sea for freshness and tenderness. Packed in 28.2oz package, 8-unit case. Superior quality, authentic flavor, global cuisine appeal, nutrient-rich. Visual appealing, ethical sourcing, culinary exploration. A must for seafood enthusiasts.



* Benefits

NAU Saidood liles Squid, "Tiles argentinus" species, is a prized cephalopod caught in the Allartic Cecan, (FAO-41). Nanvested under rigorous quasity standards, mere squus are swwwy rus and filescor.

NAU Seedood liles Squid, frozen at sea, and packed in a 22 Zoo package with a masteer case of 8 units, offers an authentic, exertable, and nutritious seelood option. Its superfor quality, ten Allartic Core, and the sea of the sea

| Ingredients | ▲ Allergens |
|-------------|---|
| Squid | Contains: |
| | Free From: |
| | constaceans eggs milk peanuts because soy true nuts wheat |

Nutrition Facts

Servings per Container 3.530Z Serving size

Amount per serving

| Calories | 71 |
|-------------------------|-------------|
| % Da | aily Value* |
| Total Fat 0.9g | 1% |
| Saturated Fat 0.2g | 1% |
| Trans Fat 0g | |
| Cholesterol 140mg | 47% |
| Sodium 196mg | 8% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugar | 0% |
| Protein 15.8g | _ |
| Vitamin D 0mcg | 0% |
| Calcium 18mg | 2% |
| Iron 0.3mg | 2% |
| Potassium 0mg | 0% |

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: 5608212366126

Serving Suggestions

GRILLED: Marinate NAU Seafood Illex Squid with a blend of olive oil, lemon zest, garlic, and fresh herbs before grilling. Serve alongside a refreshing arugula salad drizzled with balsamic reduction. SAUTED: SAU NAU Seafood lillex Squid with bell peppers, red onions, and a touch of chill flakes. Create a delicious Mediterranean-inspired plate by serving it over a bed of couscous or quinous, garnished with chopped parsley and crumbled feta. PASTR: Incorporate NAU Seafood lillex Squid into a seafood pasta. Toss al dente linguine with a light white wine and garlic sauce, adding sauted lillex Squid, cherry tomatoes, and baby spinach. Finish with a sprinkle of grated Parmesan and a squeeze of fresh lemon. AGNA: Intoe ANU Seafood lilex Squid with Asian flavors by stir-flying with ginger; garlic, and spinach sp

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. | | | | |
| LIPC | MFG # | SPC # | GTIN | Pack | Pack Desc. | |

| UPC | MFG # | SPC # | GTIN | Pack | Pack Desc. |
|---------------|--------|---------|----------------|------|------------|
| 5608212366126 | 103055 | 1101006 | 15608212366123 | | 8/28.2 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 14.95lb | 14.11lb | Portugal | No | |

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





NAU Seafood

1101006 - Illex Squid



NAU Seafood Illex Squid, caught in Atlantic Ocean, frozen at sea for freshness and tenderness. Packed in 28.2oz package, 8-unit case. Superior quality, authentic flavor, global cuisine appeal, nutrient-rich. Visual appealing, ethical sourcing, culinary exploration. A must for seafood enthusiasts.

Nutrition Analysis - By Measure

| Calories | 71 | Total Fat | 0.9g | Sodium | 196mg |
|---------------------|------|---------------------|-------|----------------|-------|
| Protein | 15.8 | Trans Fats | 0g | Calcium | 18mg |
| Total Carbohydrates | 0g | Saturated Fat | 0.2g | Iron | 0.3mg |
| Sugars | 0g | Added Sugars | 0g | Potassium | 0mg |
| Dietary Fiber | 0g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 140mg | | |
| 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 | | | | | |
|---|-------------------|--|--|--|--|--|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

