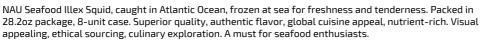


NAU Seafood

1101006 - Illex Squid







* 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:
	crustaceans eggs milk peanuts objection peanuts o

Nutrition Facts

Servings per Container Serving size 3.530Z

Amount per serving alorios

Calories	/1
% Daily	y 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%

* 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: 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 spinach in the spinach spi

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	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	Width	Height	Volume	TIxHI	Shelf Life	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					

