



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 Facts

Servings per Container 8
Serving size 3.53OZ

Amount per serving
Calories 71

% Daily Value*

Total Fat	0.9g	1%
Saturated Fat	0.2g	1%
Trans Fat		
Cholesterol	140mg	47%
Sodium	196mg	9%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes Added Sugar	0g	0%
Protein	15.8g	
Vitamin D	0mcg	0%
Calcium	18mg	1%
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.

* Benefits

NAU Seafood Illex Squid, "Illex argentinus" species, is a prized cephalopod caught in the Atlantic Ocean, (FAO-41). Harvested under rigorous quality standards, these squid are swiftly frozen at sea to preserve their freshness and flavor. NAU Seafood Illex Squid, frozen at sea, and packed in a 28.2oz package with a master case of 8 units, offers an authentic, versatile, and nutritious seafood option. Its superior quality, tender and succulent flesh, global appeal, and culinary possibilities make it an irresistible choice for seafood enthusiasts looking for an exceptional and memorable dining experience. Authenticity: Caught in the Atlantic Ocean, NAU Seafood Illex Squid offers an authentic taste of oceanic flavors, appealing to seafood aficionados seeking genuine marine delicacies. Global Cuisine: Illex Squid is celebrated in various international cuisines, encouraging customers to explore new taste horizons and recreate beloved dishes from around the world. Nutrient-Rich: Illex Squid is a lean source of protein, low in fat, and provides essential minerals like zinc and selenium, contributing to a balanced diet. Visual Appeal: The exquisite appearance of Illex Squid adds an attractive touch to seafood dishes, enhancing both the visual and gastronomic experience. Convenience: Packed in a 28.2oz package and master case of 8 units, NAU Seafood Illex Squid offers flexible portioning options for different meal sizes and occasions. Ethical Sourcing: Harvested responsibly from FAO 41, Illex Squid aligns with eco-conscious values, appealing to environmentally-aware consumers. Frozen at sea, NAU Seafood Illex Squid is ready to store in the freezer, providing a convenient solution for keeping premium seafood on hand. Culinary Exploration: Illex Squid's unique texture and subtle flavor invite culinary exploration, inspiring chefs and home cooks to innovate in the kitchen.

Ingredients

Squid

Allergens

Contains:



Free From:

- crustaceans
- eggs
- 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

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: Saut NAU Seafood Illex Squid with bell peppers, red onions, and a touch of chili flakes. Create a delicious Mediterranean-inspired plate by serving it over a bed of couscous or quinoa, garnished with chopped parsley and crumbled feta. PASTA: Incorporate NAU Seafood Illex Squid into a seafood pasta. Toss al dente linguine with a light white wine and garlic sauce, adding sautéed Illex Squid, cherry tomatoes, and baby spinach. Finish with a sprinkle of grated Parmesan and a squeeze of fresh lemon. ASIAN: Infuse NAU Seafood Illex Squid with Asian flavors by stir-frying with ginger, garlic, and vegetables like snap peas and baby corn. Drizzle with a soy-sesame glaze and serve atop steamed jasmine rice for a delectable fusion dish.

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.
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	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

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Protein	15.8	Trans Fats		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(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

