

# 1101006 - Illex Squid



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 nutr...



## MARKETING

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

8 Servings per container

**Serving Size** **3.53 OZ**

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**Amount Per Serving** **71**

**Calories** **% Daily Value\***

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**Total Fat** 0.9 g **1%**

Saturated Fat 0.2 g **1.2%**

Trans Fat 0 g

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**Cholesterol** 140 mg **47%**

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**Sodium** 196 mg **8%**

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**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 15.8 g

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Vitamin D 0 mcg 0%

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Calcium 18 mg 2%

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Iron 0.3 mg 2%

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Potassium 0 mg 0%

\* The % Daily Values (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.

## PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description		
103055		15608212366123		8/28.2 OZ		
Brand		Brand Owner		GPC Description		
NAU Seafood		BeiraNova S.A.		Shellfish - Unprepared/Unprocessed (Frozen)		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
14.95 LBR	14.11 LBR	No	Portugal	Undeclared	No	
Shipping						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
17.32 INH	12.44 INH	7.72 INH	0.96 FTQ	08x11	867 Days	-5 FAH / -2.5 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

## HANDLING SUGGESTIONS

Keep frozen until use. Keep at 0°F (-18°C). 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---

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - N
- Crustaceans - N

## INGREDIENTS

Squid

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### PREPARATION & 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.

### 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. **SAUTÉED:** Sauté 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 se...

### MORE INFORMATION