



Whole Cooked

# PEI MUSSELS

in White Wine Flavoured Sauce with Herbs



Discover the  
**Island Blue<sup>®</sup>**  
Difference!





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Enjoy the taste of your favourite restaurant-style mussel dish with made-at-home convenience. Get ready for compliments when you serve our plump Island Blue® Mussels wrapped in the delicate flavour of our mild white wine and herb sauce with a hint of rosemary.

## Specifications

<b>SIZE</b>	1lb (454g)
<b>MASTER</b>	10/11lb (10/454g)
<b>GROSS WT</b>	12lb (5.45kg)
<b>NET WT</b>	10lb (4.54kg)
<b>COUNTRY OF ORIGIN</b>	Canada
<b>METHOD OF PRODUCTION</b>	Rope-grown

<b>SPECIES</b>	Mytilus Edulis
<b>UPC</b>	7 7769600145 0
<b>CASE</b>	13" x 8.25" x 11"
<b>DIMENSIONS</b>	33cm x 21cm x 28cm

### RE-HEATING OPTIONS:

- Boil-in-bag
- Microwave
- Sauce Pan

Retail  
Package



## Nutrition Facts Valeur nutritive

Per 1 package (454g/211g edible portion)  
par 1 paquet (454g/211g de portion comestible)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 270	
<b>Fat / Lipides</b> 4 g	<b>6 %</b>
Saturated / saturés 1 g	<b>5 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 85 mg	
<b>Sodium / Sodium</b> 1250 mg	<b>52 %</b>
<b>Carbohydrates / Glucides</b> 28 g	<b>9 %</b>
Fiber / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 12 g	
<b>Protein / Protéines</b> 29 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	25 %
Iron / Fer	20 %

**INGREDIENTS:** Mussels (Farm Raised), sauce (water, skim milk powder, whey powder, dried cane syrup, cornstarch, flavour, onion powder, sea salt, yeast extract, garlic powder, spice, dehydrated red bell pepper, guar gum, dehydrated chives, salt).

**CONTAINS:** Mussels, milk.

**INGRÉDIENTS :** Moules (produit d'aquaculture), sauce (eau, lait écrémé en poudre, lactosérum en poudre, sucre, amidon de maïs, arôme, oignon en poudre, sel de mer, extrait de levure, ail en poudre, épice, piment rouge déshydraté, gomme de guar, ciboulettes déshydratées, sel).

**CONTIENT :** Moules, lait.