



Whole Cooked All Natural
PEI MUSSELS
in White Wine & Herb Sauce



Discover the
Island Blue[®]
Difference!





Whole Cooked All Natural PEI MUSSELS in White Wine & Herb Sauce

Discover the
Island Blue®
Difference!

Enjoy the taste of your favorite 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 flavor of our mild white wine and herb sauce with a hint of rosemary.

Specifications

SIZE	1lb (454g)	SPECIES	Mytilus Edulis
MASTER	10/1lb (10/454g)	UPC	777696001252
GROSS WT	12lb (5.45kg)	CASE	13" x 8.25" x 11"
NET WT	10lb (4.54kg)	DIMENSIONS	33cm x 21cm x 28cm
COUNTRY OF ORIGIN	Canada		
METHOD OF PRODUCTION	Rope-grown		

RE-HEATING OPTIONS:

- Boil-in-bag
- Microwave
- Sauce Pan

Retail
Package



Nutrition Facts

Serving Size 1 package (454g/211g edible portion)
Servings Per Container 1

Amount Per Serving

Calories 270 Calories from Fat 35

% Daily Value *

Total Fat 4g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 1250mg **52%**

Total Carbohydrates 28g **9%**

Dietary Fiber 1g **4%**

Sugars 12g

Protein 29g

Vitamin A 8% • Vitamin C 15%

Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: Mussels (Farm Raised), sauce [water, nonfat dry milk, whey powder, sugar, cornstarch, natural flavor (white wine solids), onion powder, sea salt, yeast extract, garlic powder, spice, dehydrated red bell pepper, guar gum, dehydrated chives, salt].

CONTAINS: Milk.