



Whole Cooked All Natural

ORGANIC PEI MUSSELS



Discover the
Island Blue[®]
Difference!





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What could be more natural than the clean fresh taste of natural mussels steamed in their own juices, with nothing added – this is the ultimate mussel experience. Sweet plump mussel meats steamed right in their own pure juices – perfect for dipping in butter, or your favorite sauce.

Specifications

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

SPECIES	Mytilus Edulis
UPC	777696001207
CASE	13" x 8.25" x 11"
DIMENSIONS	33cm x 21cm x 28cm

RE-HEATING OPTIONS:

- Boil-in-bag
- Microwave
- Sauce Pan

Retail
Package



Nutrition Facts

Serving Size 1 package (454g/168g edible portion)
Servings Per Container 1

Amount Per Serving

Calories 180		Calories from Fat 40
% Daily Value *		
Total Fat 4g		6%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 95mg		32%
Sodium 690mg		29%
Total Carbohydrates 6g		2%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 27g		

Vitamin A 8% • Vitamin C 15%
Calcium 8% • 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).