



Whole Cooked All Natural
**FROZEN CULTURED
PEI MUSSELS**



Discover the
Island Blue[®]
Difference!





Discover the Island Blue® Difference!

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 favourite sauce.

Specifications

AVAILABLE PACK SIZES	10X 2lb (10X 907g)
	10X 1lb (10X 454g)
	20X 1lb (20X 454g)
	18X 0.5lb (18X 227g)
COUNTRY OF ORIGIN	Canada
METHOD OF PRODUCTION	Rope-grown
SPECIES	Mytilus Edulis

RE-HEATING OPTIONS:

- Boil-in-bag
- Microwave
- Sauce Pan

Retail
Package

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Nutrition Facts Valeur nutritive

Per 10 Mussels (272 g/101 g edible portion)
par 10 moules (272 g/101 g de portion comestible)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 60 mg	
Sodium / Sodium 410 mg	17 %
Carbohydrates / Glucides 3 g	1 %
Fiber / Fibres 0 g	0 %
Sugars / Sucres 3 g	
Protein / Protéines 16 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	4 %
Iron / Fer	15 %

INGREDIENTS: Mussels (Farm Raised).
CONTAINS: Mussels.

INGRÉDIENTS : Moules (produit d'aquaculture).

CONTIENT : Moules.

Nutrition Facts

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

Amount Per Serving		Calories from Fat 40	
Calories 180		% 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			42%

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

