

Whole • Cooked • All Natural • In Shell

PEI MUSSELS

in White Wine Flavored Sauce with Herbs

Enjoy the taste of your favorite restaurant-style mussel dish with made-at-home convenience. Get ready for compliments when you serve our plump mussels with the delicate flavor of our mild white wine flavored sauce with herbs.



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PEI MUSSELS

in White Wine Flavored
Sauce with Herbs

- Whole cooked all natural in shell
- Farm raised in Canada
- Frozen cultured
- Gluten-free



SPECIFICATIONS

Size	11b (454g)
Master	10 x 11b (10 x 454g)
Carton Dimensions	10" x 1.25" x 7.5" 254mm x 32mm x 191mm
Case Dimensions	13.25" x 8.5" x 11" 337mm x 216mm x 280mm
Country of Origin	Canada
Method of Production	Rope-Grown
Species	Mytilus Edulis
UPC	777696001252

PREPARATION & COOKING

Keep frozen until ready to use. Heat thoroughly from a frozen state. Do not refreeze unused portions.

Microwave: Empty contents into a microwaveable dish, cover and heat on 80% power for 5-6 minutes. Optional: Puncture pouch, place on microwavable plate and heat on 80% power for 5-6 minutes. Allow to stand 1 minute.

Boil-in-bag: In a medium-sized saucepan bring 6 cups of water to a boil. Reduce heat to low and submerge pouch in boiling water for 5-6 minutes.

WARNING: Contents will be hot; open pouch with care.

Appliances vary in performance; instructions are guidelines only.

Nutrition Facts

2 servings per container
Serving size 1/2 package (146g edible)

	Per serving		Per container	
		90		190
		% DV*		% DV*
Calories				
Total Fat	1g	1%	2.5g	3%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	35mg	12%	70mg	23%
Sodium	960mg	40%	1920mg	83%
Total Carb.	10g	4%	20g	7%
Dietary Fiber	less than 1g	0%	less than 1g	3%
Total Sugars	5g		11g	
Incl. Added Sugars	1g	2%	3g	6%
Protein	10g		20g	
Vitamin D	0.2mcg	2%	0.3mcg	2%
Calcium	90mg	6%	180mg	15%
Iron	1.3mg	8%	2.7mg	15%
Potassium	310mg	6%	630mg	15%

* The % Daily Value (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.

INGREDIENTS:

Mussels (Farm-Raised), Water, Nonfat Dry Milk, Whey Powder, Evaporated Cane Syrup, Corn Starch, Natural Butter Flavor, Onion Powder, Sea Salt, Yeast Extract, Garlic Powder, Spice, Dehydrated Red Bell Pepper, Guar Gum, Dehydrated Chives, Salt.

CONTAINS: Milk.