

Cooked Shell-On Mussels, Chile

NUTRITIONAL CLAIMS

Mussels are low in saturated fatty acids, free of trans fat and are a source of protein.

NUTRITIONAL FACTS

Serving Per 1/2 package (227 g)

	Amount	% Daily Value
Calories	50	
Fat	0.5 g	1%
Saturated + Trans	0.2 g 0 g	1%
Polyunsaturated	0.3 g	
Omega-6	0 g	
Omega-3	0.3 g	
Monounsaturated	0.2 g	
Cholesterol	25 mg	
Sodium	540 mg	23%
Potassium		0%
Carbohydrate	2 g	
Fibre	0 g	0 %
Sugars	0 g	
Protein	9 g	
Vitamin A		2%
Vitamin C		0%
Calcium		6%
Iron		10%
Phosphorus		0%

INGREDIENTS

CULTIVATED CHILEAN BLUE MUSSELS

ALLERGENS

Contains: Mussels (shellfish).

PREPARATIONS & COOKING INSTRUCTIONS

DO NOT THAW BEFORE HEATING. HEAT FROM FROZEN.

To keep mussels tender, take care to avoid overheating. For best results heat from frozen until an internal temperature of 158°F (70°C) is reached.

MICROWAVE: Puncture one small hole in the middle of the package. Lay package flat on a microwaveable plate with the punctured surface facing up. Heat on HIGH power (100 %) for about 2 min 30 sec (1,000 WATT); 5 min 10 sec (700 WATT). Let stand 2 min before serving.

STEAM: Cut open bag and empty frozen contents into a large saucepan. Cover and heat on medium - high temperature for about 5 min.

NOTE: Since appliances vary, these instructions are guidelines only.