

P.E.I. Blue Mussels

... sweetest tasting mussels in the world

P.E.I. mussels are, indisputably, the sweetest tasting mussels in the world! The Crisp, clear waters of the North Shore make all the difference in producing a quality flavour. Tidal waters constantly refresh the food supply that Confederation Cove Mussels need to grow to market size.





P.E.I Mussels

Nutrition Facts	
Serving Size 3 oz 85g (85 g)	
Amount Per Serving	
Calories 146	Calories from Fat 34
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
Trans Fat	
Cholesterol 48mg	16%
Sodium 314mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars	
Protein 20g	
Vitamin A 5%	Vitamin C 19%
Calcium 3%	Iron 32%

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

- 100% Canadian cultured Blue Mussels
- Packed 10/2lb bags - frozen
- Quick preparation, in less than 10 minutes
- Cleaned and grit free
- Terrific meat fill and flavor
- Sustainable under Oceanwise program



Product #	Description	Pack
1040688	17/22ct Blue Mussel	10/2lb

