

# P.E.I. Blue Mussels

... sweetest tasting mussels worldwide

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.



## 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.



# P.E.I Mussels



- ✓ 100% Canadian cultured Blue Mussels
- ✓ Packed 20/1 lb bags - frozen
- ✓ Fully cooked for quick preparation, in less than 10 minutes
- ✓ Cleaned and grit free
- ✓ Terrific meat fill and flavour
- ✓ Sustainable under Oceanwise program



Product #	Description	Pack
0527	17/22ct Blue Mussel	20/1lb



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