



200191C Cooked Mussel Meat (no shell)



Pack Size: 20 X 454G

Details: Mussel meat, cooked, de-shelled, pasteurised and individually quick frozen (IQF).

Allergen Information

Contains:

Molluscs

Free from:

Cereal, Celery, Sesame, Crustaceans, Eggs, Fish, Milk, Lupin, Mustard, Nuts, Peanuts, Sulphur Dioxide, Soya

Suitable for:

Coeliacs

Handling Information

Directions For Use:

Pour desired amount and allow to defrost for about 3 hours at room temperature or overnight in a refrigerator. Once defrosted, keep refrigerated and consume product within 24 hours. To preserve quality, avoid defrosting by heating.

Storage Instructions:

Keep frozen at -18°C or below
Food Freezer **** Until Best Before End*
Star Marked Frozen Food
Compartment

Product Ingredients

Product Ingredients:

Mussel meat (*Mytilus chilensis*) (**MOLLUSCS**)

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

78 kcal / 328 kJ

Fat:

1.8 g

of which saturates:

0.5 g

Carbohydrates:

0.5 g

of which sugars:

0.5 g

Fibre:

No Data

Protein:

15 g

Salt:

0.9 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging

or speak with our QA Department.