

200192C Whole Shell Mussels (Connemara)



Pack Size: 5X1KG CASE

Details: Whole shell rope cultured vacuum packed mussels in their natural juices pasteurised, frozen & ready to re-cook.

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:

Remove all packaging before cooking.

Conventional heating: (saucepan) Pour contents of pouch into saucepan and cover. Cook on full heat for 6-8 minutes shaking the pan from time to time until the mussels open.

Storage Instructions:

Store at -18°C or below

Product Ingredients

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Mussels (MOLLUSC) in their natural juice (100%).

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

71 kcal / 299 kJ

Fat:

1.2 g

of which saturates:

0.25 g

Carbohydrates:

3.1 g

of which sugars:

0.5 g

Fibre:

0.5 g

Protein:

11.9 g

Salt:

1.25 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.

