

## 200192S Whole Shell Mussels (Connemara)



**Pack Size:** 1KG BAG

**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.

