



Nutrition Facts

Serving size	3 OZ
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 3g	%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 43mg	14%
Sodium 365mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber	%
Total Sugars 1g	
Includes Added Sugars	%
Protein 12g	
Vitamin D	%
Calcium 140mg	10%
Iron 1.8mg	10%
Potassium	%

* Benefits

Fully Cooked and Cleaned. Farm Raised.

Ingredients

mussels

⚠ Allergens

Contains:

crustaceans

Free From:

eggs fish dairy peanuts

sesame soy tree nuts wheat

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Packed in vacuum sealed bags. Must be kept frozen at all times

Serving Suggestions

Great as an appetizer or entree menu item.

Prep & Cooking Suggestions

Cook from frozen. Re-heat from bag. Place bag in boiling water until mussels open, approximately 8-10 minutes. Some may not fully open. Carefully open bag and pour out mussels and juice. Re-heat out of bag. Cut bag and remove mussels. Steam or saute at 375F until mussels open, approximately 8-10 minutes. Some may not fully open.

✍ Product Specifications

Brand	Manufacturer	Product Category
Oyster Bay	HARBOR SEAFOOD INC	Shellfish, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
645133	1824	10049029013421	10	10/1 lb

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.4 LB	10 LB	CL	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.3 in	7.9 in	10.8 in	0.55 cf	14x9	730 days	-18°F / 0°F



Nutrition Analysis

Calories	90	Total Fat	3 g	Sodium	365 mg
Protein	12	Trans Fats	0 g	Calcium	140 mg
Total Carbohydrates...	4 g	Saturated Fat	1 g	Iron	1.8 mg
Sugars	1 g	Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	43 mg		
Vitamin A(U)	600	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	2.4 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

