

Centre Island Seafoods Ltd T/A

# O P COLUMBIA

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## Greenshell™ Mussels

### Product Description:

Gourmet brand 2lb blanched whole meat on the halfshell of New Zealand Greenshell™ Mussels Individually Quick Frozen.

### Scientific Name:

Perna canaliculus

### Ingredients:

- Greenshell™ Mussels
- Potable Water (protective glaze)

### Minimum Glaze:

3.5%

### Shelf Life:

24 months from the date of production minus 1 day

### Storage Conditions:

STORE AT -18°C OR BELOW KEEP FROZEN

Do not refreeze once thawed

### Grade:

HALFSHELL	1KG	2LB	800GM
L	<35	<32	<28
M	35 / 45	32 / 41	28 / 36
S	46 / 60	42 / 55	37 / 48
MEAT	1KG	2LB	800GM
L	<60	<55	<48
M	60 / 90	55 / 82	48 / 72
S	91 / 110	83 / 100	73 / 88
PETITE	111 / 150	101 / 136	89 / 120
STANDARD	Ungraded	Ungraded	Ungraded



## Nutrition Facts

7 servings per container

Serving size 3oz (85g) cooked

Amount per serving

**Calories 90**

**Total Fat** 2g **% Daily Value\*** 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 45mg 14%

**Sodium** 470mg 20%

**Total Carbohydrate** 4g 2%

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars

**Protein** 13g

Vitamin D 1mcg 6%

Calcium 80mg 6%

Iron 4mg 20%

Potassium 170mg 4%

\* 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.