

Centre Island Seafoods Ltd T/A

OP COLUMBIA

South Highway, PO Box 48, Whitianga, New Zealand

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Greenshell™ Mussels

Product Description:

OPC 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

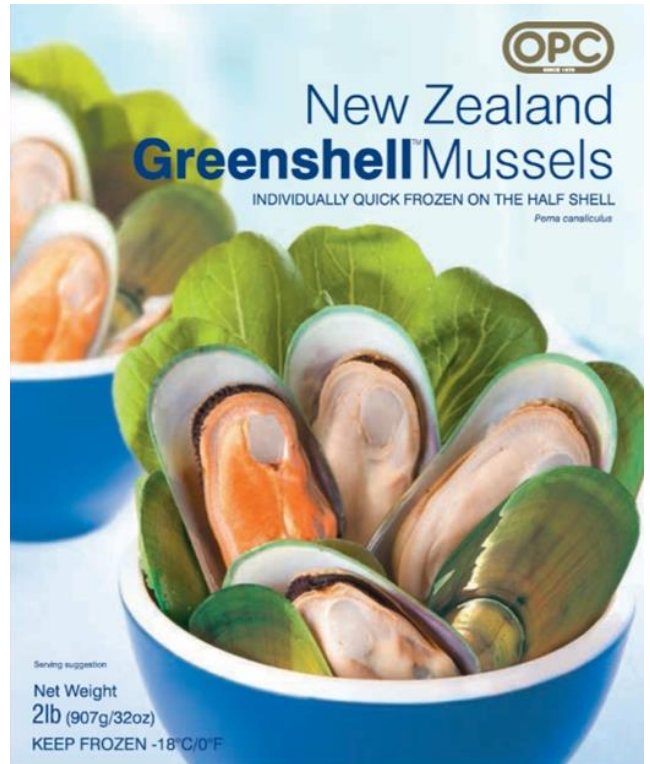
Storage Conditions:

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.