

PANAPESCA

Mussels, In Shell, Vacpack 23-29/Ct

MUSSELS

Use with your favorite recipes

Brand	Manufacturer	Product Category
PANAPESCA	PANAPESCA	Mussels Shell On Frozen

MFG #	GTIN	Pack	Pack Desc.
5023	20614583311114	10	10/1 lb

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.35 lbs	10.00 lbs	Chile		No

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.75 inches	7.75 inches	9.50 inches	0.50 cu ft	20x7	730 days	-18.00 / 0.00 FAH

INGREDIENTS

Blue Mussels In Shell

HANDLING

KEEP FROZEN, THAW UNDER REFRIGERATION

SERVING

See our website for recipes

PREP & COOKING

Use with your favorite recipes

Nutrition Facts

1 servings per container

Serving size **100gr**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 4.5gr	**7** %
Saturated Fat 1.5	**0** %
Trans Fat 0gr	
Cholesterol 55mg	**19**%
Sodium 370mg	**15**%
Total Carbohydrate 7	%
Dietary Fiber 0gr	**0** %
Total Sugars 4gr	
Includes 0 Added Sugars	%
Protein 24gr	
Vitamin D 0	0%
Calcium 0	4%
Iron 0	35%
Potassium 0	0%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From
Milk, Eggs, Fish, Crustacean, Tree Nuts, Peanuts, Nuts, Sesame, Wheat, Soy

Downloaded on July 11 2022 at 9:08:49 AM

Product information made available on this document relating to product claims or representations are expressly provided by the manufacturer who is responsible for its completeness and accuracy.



PANAPESCA

Mussels, In Shell, Vacpack 23-29/Ct

MUSSELS

NUTRITION ANALYSIS

Calories	**170**	Total Fat	**4.5 gr**	Sodium	**370 mg**
Protein	**24 gr**	Trans Fats	**0 gr**	Calcium	**0**
Total Carbohydrates	**7**	Saturated Fat	**1.5**	Iron	**0**
Sugars	**4 gr**	TPolyunsaturated Fat	**0**	Potassium	**0**
Dietary Fiber	**0 gr**	Monounsaturated Fat	**0**	Zinc	**0**
Lactose		Cholesterol	**55 mg**	Phosphorus	**0**
Vitamin A(IU)	**0**	Vitamin D	**0**	Thiamin	**0**
Vitamin A(RE)		Vitamin E	**0**	Niacin	**0**
Vitamin C	**0**	Folate	**0**	Riboflavin	**0**
Magnesium	**0**	Vitamin B-6	**0**	Vitamin B-12	**0**

Downloaded on July 11 2022 at 9:08:49 AM

Product information made available on this document relating to product claims or representations are expressly provided by the manufacturer who is responsible for its completeness and accuracy.