



PANAPESCA
Mussels, In Shell, Gm,
Vp 11/15Ct
MUSSELS



Use with your favorite recipes

Brand		Manufacturer		Product Category		
PANAPESCA		PANAPESCA		Mussels Shell On Frozen		
MFG #		GTIN		Pack	Pack Desc.	
5011		20614583350113		5	5/2 lbs	
Gross Weight		Net Weight		Country of Origin		Kosher
12.00 lbs		10.00 lbs		New Zealand		
Length		Width	Height	Volume	TrxHl	Shelf Life
14.30 inches		6.00 inches	10.20 inches	0.51 cu ft	19x7	730 days
						Storage Temp From/To
						-18.00 / 0.00 FAH

INGREDIENTS

Cooked Mussels In Shell With Natural Juice

HANDLING

KEEP FROZEN, THAW UNDER REFRIGERATION

SERVING

See recipe on package

PREP & COOKING

Use with your favorite recipes

Nutrition Facts

4 servings per container

Serving size 50gr

Amount Per Serving
Calories 60

% Daily Value*

Total Fat 0.98gr 1.5%

Saturated Fat 0.1 0%

Trans Fat 0gr

Cholesterol 45mg 15%

Sodium 280mg 280%

Total Carbohydrate 6 %

Dietary Fiber 0gr 0%

Total Sugars 0gr

Includes 0 Added Sugars %

Protein 9gr

Vitamin D 0 0%

Calcium 80mg 8%

Iron 5.4mg 30%

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, Wheat, Soy

Contains

Molluscs

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accuracy.



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NUTRITION ANALYSIS

Calories	60	Total Fat	0.98 gr	Sodium	280 mg
Protein	9 gr	Trans Fats	0 gr	Calcium	80 mg
Total Carbohydrates	6	Saturated Fat	0.1	Iron	5.4 mg
Sugars	0 gr	TPolyunsaturated Fat	0	Potassium	0
Dietary Fiber	0 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	45 mg	Phosphorus	0
Vitamin A(IU)	45 mcg	Vitamin D	0	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	2.4 mg	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0

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