

PANAPESCA
Mussel Meats,
Skin Pack
MUSSEL MEATS



The Mussel Meat pack virtually eliminates prep time, allowing you to make delicious and exciting pasta dishes, soups and more without worrying about shells to discard. The mussel meat is all natural, sand free, debearded and fully cooked. Simply thaw under refrigeration or cook directly from the frozen state and enjoy!

Brand		Manufacturer		Product Category		
PANAPESCA		PANAPESCA		Mussels Shell On Frozen		
MFG #		GTIN		Pack	Pack Desc.	
2402		20614583624023		12		
Gross Weight		Net Weight	Country of Origin		Kosher	Child Nutrition
7.20 lbs		5.95 lbs	Thailand			
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.50 inches	11.00 inches	5.38 inches	0.53 cu ft	10x13	724 days	-18.00 / 0.00 FAH

INGREDIENTS

Cooked Mussels

HANDLING

KEEP FROZEN, THAW UNDER REFRIGERATION

SERVING

See recipe on package

PREP & COOKING

Use with your favorite recipes

Nutrition Facts

2 servings per container	
Serving size	100gr
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 2gr	3%
Saturated Fat 0.6	0%
Trans Fat 0gr	0%
Cholesterol 55mg	18%
Sodium 180mg	7.5%
Total Carbohydrate 1	1%
Dietary Fiber 0gr	0%
Total Sugars 0gr	0%
Includes 0 Added Sugars	0%
Protein 15gr	
Vitamin D 0	0%
Calcium 40mg	4%
Iron 3.24mg	18%
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

NUTRITION ANALYSIS

Calories	80	Total Fat	2 gr	Sodium	180 mg
Protein	15 gr	Trans Fats	0 gr	Calcium	40 mg
Total Carbohydrates	1	Saturated Fat	0.6	Iron	3.24 mg
Sugars	0 gr	TPolyunsaturated Fat	0	Potassium	0
Dietary Fiber	0 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	55 mg	Phosphorus	0
Vitamin A(IU)	90 mcg	Vitamin D	0	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	15 mg	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0