



High Liner Foodservice Signature, 4.54 kg / 10 lb (10 x 454 g / 1 lb), Shell-on, Cooked, Cultured Mussels

Fully cooked, PEI Blue Mussels are considered the finest mussels in the world. Clean, attractive, free of grit unlike wild or semi-cultured mussels; high meat yield. Extensive quality control from start to finish. Sweet and tender; both consumer and Chef approved; uncompromising taste and eating quality.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per 1 package (454 g)

Amount Per Serving

Calories **70**

% Daily Value*

Total Fat 1.5 g	2%
Saturated Fat 0.3 g	2%
Trans Fat 0 g	
Cholesterol 45 mg	%
Sodium 1030 mg	45%
Total Carbohydrates 3 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 11 g	

Vitamin D	%
Calcium 20 mg	2%
Iron 1.75 mg	10%
Potassium 250 mg	5%

* The % Daily Values (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.

Product Specifications :

Code	GTIN	Type Of Catch
5891	10061763058919	

Brand	GPC Description
High Liner Foodservice Signature	Shellfish Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
32.1 CMT	19 CMT	15.5 CMT	0.0095 MTQ	19x11	540 Days	

Ingredients :

Mussels. Contains: Mussels (shellfish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. Do not thaw before heating. Heat from frozen. To keep mussels tender, take care to avoid overheating. For best results heat from frozen until an internal temperature of 165°F (74°C) is reached. Discard any mussels that do not open after heating. STEAM: Cut open bag and empty frozen contents into a large saucepan. Cover and heat on medium-high for about 5 min.

Serving Suggestions:

Mussels can be steamed or sauteed in an endless array of flavourings and served as an appetizer or entree. As a decadent Seafood Salad, In Soup, On Pasta or Rice.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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Printed on 9 August 2025
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