



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

PACKED IN INDIVIDUAL ONE LB VACUUM-PACKED PORTIONS. COOKED AND CULTIVATED. CONSISTENT QUALITY, HIGH MEAT YIELD. EASY TO PREPARE AND HANDLE. REDUCED LABOUR, REDUCED RISK - HEALTH AND SAFETY.

Product Last Saved Date: 17 February 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per 1 package (454 g)**

Amount Per Serving

**Calories 120**

% Daily Value\*

**Total Fat 3 g 4%**

Saturated Fat 0.5 g 3%

Trans Fat 0 g

**Cholesterol 20 mg %**

**Sodium 1100 mg 48%**

**Total Carbohydrates 3 g %**

Dietary Fiber 1 g 4%

Total Sugars 1 g

Includes Added Sugars %

**Protein 20 g**

Vitamin D %

Calcium 75 mg 6%

Iron 26 mg 144%

Potassium 350 mg 7%

\* 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
5887	10061763058872	

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
33.02 CMT	17.78 CMT	23.495 CMT	0.0138 MTQ	18x7	540 Days	-25 CEL / -18 CEL

### 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. MICROWAVE: Puncture one small hole in the middle of the package. Lay package flat on a microwavable plate with the punctured surface facing up. Heat on HIGH power (100%) for about 2 min 30 sec (1,000 WATT); 5 min 10 sec (700 WATT). Let stand 2 min before serving. STEAM: Cut open bag and empty frozen contents into a large saucepan. Cover and heat on medium-high temperature for about 5 min.

### Serving Suggestions:

SERVE AS AN APPETIZER IN MARINARA OR GARLIC BUTTER SAUCE. 1 POUND INDIVIDUAL OR 2 POUNDS FOR SHARING. SERVE WITH PASTA, SCALLOPS AND SHRIMP AS AN ENTREE IN LIGHT ROSE SAUCE WITH FRENCH BREAD.

### 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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