



## High Liner Foodservice Signature, 10 x 907 g / 2 lb (9.07 kg / 20 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: 06 May 2026



**HIGH LINER**  
FOODSERVICE™

### Nutrition Facts

Servings per container  
Serving Size Per about 17 shell-on mussels (302 g)

Amount Per Serving  
**Calories 50**

% Daily Value\*

<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 30 mg	<b>%</b>
<b>Sodium</b> 680 mg	<b>30%</b>
<b>Total Carbohydrates</b> 2 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>

**Protein** 8 g

Vitamin D	<b>%</b>
Calcium 10 mg	<b>1%</b>
Iron 1 mg	<b>6%</b>
Potassium 175 mg	<b>4%</b>

\* 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
1040688	10035493406883	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.21 KGM			Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
36.5 CMT	32.1 CMT	26.9 CMT	0.032 MTQ	9x5	540 Days	

### Ingredients :

Mussels. Contains: Mussels (molluscs).

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

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

### Prep & Cooking Suggestions:

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. STEAM: Cut open bag and empty frozen contents into a large saucepan. Cover and heat at medium-high temperature for about 5 min.

### Serving Suggestions:

Mussels can be prepared in an endless array of flavourings and served as an appetizer or entrée. Some popular flavour combinations include: • Fresh tomatoes, white wine, garlic and parsley • Cream, butter, white wine, celery and onion • Lemongrass, ginger, chilies and garlic • Coconut milk, curry, red pepper and cilantro • As an Appetizer • As a decadent Seafood Salad • In Soup • Mussels and Fries • 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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