

Mussel Meat



Mussel meat is a high quality inexpensive center of the plate protein that generates excellent margins. Mussel meat is healthy for you being high in protein, vitamins and omega-3 fatty acids, minerals including iron, calcium, magnesium, potassium and iodine, rich in folic acid and are low in cholesterol.

Preparation And Cooking

Cooked ready to eat. Thaw precooked mussel meat and add to your favorite recipes that call for mussels.

Storage And Food Safety

Keep frozen at or below 0°F (-18°C) until ready to use. To thaw place in a colander and place in refrigerator below 38°F (3°C) for 8-10 hours. For a quick thaw put mussel meat in a colander and place under cold running water until thawed.

Product Information

- Count 45-90, 90-136 per Lb.
- Master 10x1, 5x2, and 1x20 Lbs.
- Cooked ready to eat
- Compliant with USDA's Country of Origin Labeling (COOL) requirements
- Product of Chile
- Sustainable certified, Ocean Wise, Friend Of The Sea, Seafood Watch, Best Aquaculture Practices
- Farm raised
- Species: Mytilus Chilensis
- Ingredients: Mussels, water, salt

Serving suggestions

- Cioppino
- Sautéed in wine and garlic
- Panko breaded meat deep fried
- In a marinated mussel salad
- In a coconut curry broth
- In pasta dishes
- Smoked mussels
- Poke
- Ceviche

Fishery Information

Aquaculture suspended rope grown. Farm raised.

Nutrition Facts	
Serving Size 3 OZ. (85 g) 3 oz	
Amount Per Serving	
Calories 72	Calories from Fat 5
Total Fat 3.8g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 47.6mg	16%
Sodium 314mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugar 0g	
Protein 20g	
Vitamin A 5%	Vitamin C 19%
Calcium 3%	Iron 32%
<small>Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	



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