



Learn more at www.harborseafood.com

Mussels

When it comes to mussels, there's a fine line between perfection and disappointment. We appreciate the need to demand quality in every single shell, which is why every crop is cultivated for maximum flavor and texture. Our rope grown Chilean mussels are raised in their natural waters, and are monitored throughout the entire harvest cycle to ensure you receive a quality product, every time!



Nutrition Facts

Serving Size 3 oz (85g)

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value**

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 43mg **15%**

Sodium 365mg **15%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 12g

Vitamin A 12% • Vitamin C 4%

Calcium 14% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutritional analysis calculated on edible part only (meat)

Features and Benefits:

Harbor Seafood offers Chilean mussels in convenient 5 x 2 lb and 10 x 1 lb packs, both have an approximate count of 23/28 mussels per pound. Our mussels have a 24 month shelf life, are fully cooked, cleaned, and debearded, so the majority of the work is done! Oyster Bay® mussels provide consistent quality and uniformity, meat yield, taste, texture, and overall flavor. There is virtually no waste due to spoilage or unusable mussels, and most importantly, they are a safe and easy-to-use option. Oyster Bay® mussels are competitively priced and are excellent for portion control and food cost. No more dealing with bushels, nets, tags, short shelf life, and the overall mess that comes with handling and holding live mussels.

Menu Ideas:

The recipes are endless with Oyster Bay® mussels. Serve them in a spicy marinara sauce or in a white wine, shallot, and parsley broth. For a new twist, try a Thai red curry broth, paella, or cioppino. Whatever you choose to create, Oyster Bay® mussels will not disappoint.

Handling:

Keep frozen up to 24 months. Cook from a frozen state. Steam or sauté at 375°F (approximately 8-10 minutes) until mussels open; some may not fully open.

1 lb
Whole, In Shell, Fully Cooked
Item No. 645133
GTIN 10049029013421

2 lb
Whole, In Shell, Fully Cooked
Item No. 645134
GTIN 10049029013322

Product Description	1 lb	2 lb
Pack Size	10 x 1 lb	5 x 2 lb
Master Case Net Weight	10 lb	10 lb
Case Dimensions & Case Cube	10.6"L x 10.4"W x 7.3"H • 0.466	12.4"L x 8.3"W x 7.1"H • 0.423
Pallet Ti x Hi	19 x 6	15 x 6
Method of Catch	Farm Raised	Farm Raised
Storage	Keep Frozen 0°F (-18°C)	Keep Frozen 0°F (-18°C)
Shelf Life	24 months	24 months
Species	<i>Mytilus chilensis</i>	<i>Mytilus chilensis</i>
Country of Origin	Chile	Chile



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Mussels on the Half Shell

When it comes to mussels, there's a fine line between perfection and disappointment. We appreciate the need to demand quality in every single shell, which is why every crop is cultivated for maximum flavor and texture. Our rope grown Chilean mussels are raised in their natural waters, and are monitored throughout the entire harvest cycle to ensure you receive a quality product, every time!



Nutrition Facts

about 6 servings per container
Serving size **3 oz (85g)**

Amount per serving
Calories 70

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 500mg 22%

Total Carbohydrate 4g 1%

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 10g

Vit. D 0mcg 0% • Calcium 25mg 2%

Iron 2mg 10% • Potas. 150mg 4%

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.

Nutritional analysis calculated on edible part only (meat)

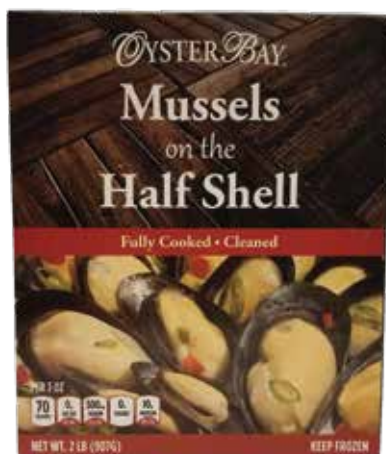
Features and Benefits:

Harbor Seafood offers Chilean mussels in convenient pack sizes. Our mussels have a 24 month shelf life, are fully cooked, cleaned, and debearded, so the majority of the work is done! Oyster Bay mussels provide consistent quality and uniformity, meat yield, taste, texture, and overall flavor. There is virtually no waste due to spoilage or unusable mussels, and most importantly, they are a safe and easy-to-use option. Oyster Bay mussels are competitively priced and are excellent for portion control and food cost. No more dealing with bushels, nets, tags, short shelf life, and the overall mess that comes with handling and holding live mussels.

Menu Ideas:

The recipes are endless with Oyster Bay mussels. Serve them in a spicy marinara sauce or in a white wine, shallot, and parsley broth. For a new twist, try a Thai red curry broth, paella, or cioppino. Whatever you choose to create, Oyster Bay mussels will not disappoint.

2 lb Box
Mussels on the Half Shell
Item No. 645084
GTIN 10049029005662



Product Description

Pack Size	12 x 2 lb
Master Case Net Weight	24 lb
Case Dimensions & Case Cube	19"L x 12.9"W x 7.7"H • 1.092
Pallet Ti x Hi	7 x 9
Method of Catch	Farm Raised
Storage	Keep Frozen
Shelf Life	24 months
Species	<i>Mytilus chilensis</i>
Country of Origin	Chile



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Mussel Meat

When it comes to mussels, there's a fine line between perfection and disappointment. We appreciate the need to demand quality in every single bite, which is why every crop is cultivated for maximum flavor and texture. Our rope grown Chilean mussels are raised in their natural waters, and are monitored throughout the entire harvest cycle to ensure you receive a quality product, every time!

Mussel Meat



Features and Benefits:

Harbor Seafood offers Chilean mussels in convenient 10 x 1 lb pack. Our mussels have a 24 month shelf life, are fully cooked, cleaned, and debearded, so the majority of the work is done! Oyster Bay® mussels provide consistent quality and uniformity, meat yield, taste, texture, and overall flavor. There is virtually no waste due to spoilage or unusable mussels, and most importantly, they are a safe and easy-to-use option. Oyster Bay® mussels are competitively priced and are excellent for portion control and food cost. No more dealing with bushels, nets, tags, short shelf life, and the overall mess that comes with handling and holding live mussels.

Menu Ideas:

The recipes are endless with Oyster Bay® mussel meat. Serve them in a seafood pasta or in a cream of mussel soup. For a new twist, try a mussel jambalaya, or a mussel tomato bake. Whatever you choose to create, Oyster Bay® mussels will not disappoint.

Handling:

Keep frozen up to 24 months. Cook from a frozen state. Steam or sauté at 375°F (approximately 8-10 minutes) until mussels open; some may not fully open.

1 lb
Whole, Fully Cooked/Cleaned
 Item No. 645220
 GTIN 10049029005280

Nutrition Facts

Serving Size 3 oz (85g)

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value**

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 43mg **15%**

Sodium 365mg **15%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 12g

Vitamin A 12% • Vitamin C 4%

Calcium 14% • Iron 10%

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Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutritional analysis calculated on edible part only (meat)

Product Description	1 lb
Pack Size	10 x 1 lb
Master Case Net Weight	10 lb
Case Dimensions & Case Cube	15.3"L x 10.1"W x 4.7"H • 0.42
Method of Catch	Farm Raised
Storage	Keep Frozen 0°F (-18°C)
Shelf Life	24 months
Species	<i>Mytilus chilensis</i>
Country of Origin	Chile