



## SMOKED PENN COVE MUSSELS

SUSTAINABLY GROWN • HAND PACKED • ORGANIC INGREDIENTS • GLUTEN FREE • HIGH IN OMEGA-3

Using our signature Penn Cove Mussels and organic ingredients, our smoked mussels are sustainably grown, harvested, and then maple wood smoked. These two-portion, easy-open cans are ready for your next gourmet creation.

Perfect for restaurant or home use, these petite size smoked mussels are a delightful accompaniment to pasta dishes, chowders, topped on a crostini or right out of the can.

### All Natural Ingredients

- Penn Cove Mussels
- Sea Salt: Ancient, All Natural
- Sugar: Organic Cane Juice, Free Trade
- Sunflower Oil: Organic, High Oleic
- Organic Onion & Garlic Powder
- Citric Acid: Made in the USA

### Pricing

**\$70.80 per case – 24 cans per case**

**UPC - (GINT-12) – 637195 595037**



### Nutrition Facts

Serving Size 1/2 can (78g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 110      **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4.5g      **7%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 25mg      **8%**

**Sodium** 440mg      **18%**

**Total Carbohydrate** 3g      **1%**

Dietary Fiber 2g      **8%**

Sugars 0g

**Protein** 15g      **30%**

Vitamin A 15%      •      Vitamin C 0%

Calcium 2%      •      Iron 25%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4