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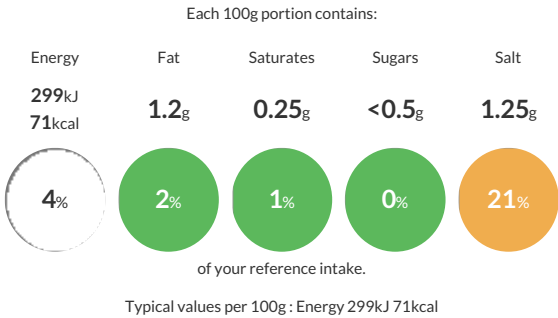
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310011 Connemara Mussels 5 x 1kg

Whole shell rope cultured vacuum packed mussels in their natural juices pasteurised, frozen & ready to re-cook.

Traded Unit GTIN: - Internal GTIN: 5390378000012 Supplier: Sykes Seafood Ltd Suppliers Product Code: 310011

Reference Intake





Nutritional Information


Typical Values	Per 100g
Energy	299kJ 71kCal
Carbohydrates	3.1g
of which sugars	<0.5g
Fat	1.2g
of which saturates	0.25g
Fibre	<0.5g
Protein	11.9g
Salt	1.25g


Allergy Information


Key: Contains May Contain



Does Not Contain Cereal/Gluten



Does Not Contain Milk



Does Not Contain Eggs



Does Not Contain Peanuts



Does Not Contain Nuts



Does Not Contain Crustaceans



Does Not Contain Mustard



Does Not Contain Fish



Does Not Contain Lupin


Does Not Contain Sesame


Does Not Contain Celery


Does Not Contain Soya


Contains Molluscs


Does Not Contain Sulphur Dioxide

Dietary Information

Key: Suitable for


May not be suitable for Vegetarian


May not be suitable for Vegan


May not be suitable for Kosher


May not be suitable for Halal


Suitable for Coeliac

Ingredients

Mussels (MOLLUSC) in their natural juice (100%).