

Supplier's Product Code :  
Product Added :  
Last Updated by Supplier :  
erudus id :

310011  
19 February 2026  
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## Connemara Mussels 5 x 1kg

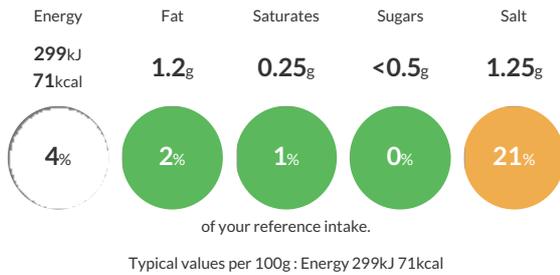
Short Product Name:  
CONN MUSSELS

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 Limited Suppliers Product Code: 310011

### Reference Intake

Each 100g portion contains:



### 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



### Dietary Information

Key: Suitable for



### Ingredients

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