

61506 | Connemara | 1Kg

## Wholeshell Vacuum Packed Mussels

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### Description

Brand Name	Connemara
Country of Origin	Ireland

### Ingredients

Ingredients	Mussels (Mollusc) in their natural juice (100%)
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	4
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	297 kJ
Energy (Kilocalories)	71 kcal
Fat, Total	1.2 g
Saturated	0.25 g
Carbohydrate	3.1 g
Sugars	0.1 g
Dietary Fibre, Total	0.5 g
Protein, Total	11.9 g
Salt	1.25 g
Sodium	500 mg

### Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Contains

## Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	No
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	none
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	NA
Oven	NA
Oven From Frozen	NA
Microwave Instructions	Empty contents into a microwave bowl. Cover and cook for 3 minutes (800w). Remove bowl from microwave and stir well. Replace cover and cook for a further 2 mins (800w)
Fry	NA Pour contents of pouch into saucepan and cover. Cook on full heat for 6-8 minutes shaking the pan from time to time until the mussels open.NA
Grill	NA
Other	NA Pour contents of pouch into saucepan and cover. Cook on full heat for 6-8 minutes shaking the pan from time to time until the mussels open.NA

## Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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