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

310011 15 August 2024

15 August 2024

70059ec1a061457dbebcf535f1559d6c



The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit http://www.erudus.com/terms-and-conditions for full terms and conditions.

# Connemara Mussels 5 x 1kg

Short Product Name: CONN MUSSELS

 $Whole shell \ rope \ cultured \ vacuum \ packed \ mussels \ in \ their \ natural \ juices \ pasteur is ed, frozen \ \& \ ready \ to \ re-cook.$ 

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

## Reference Intake

#### Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt	
<b>299</b> kJ <b>71</b> kcal	<b>1.2</b> g	<b>0.25</b> g	<0.5g	<b>1.25</b> g	
4%	2%	1%	0%	21%	
of your reference intake					

Typical values per 100g: Energy 299kJ 71kcal

## **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**





Contain Cereal/Gluten

Does Not

Contain

Fish

Does Not

Contain Milk

Does Not

Contain



Does Not Eggs

Does Not

Contain



Does Not





Does Not

Contain



Does Not

Molluscs



Does Not

Contain Mustard

Contains



**Dietary Information** 











Ingredients

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