

PEI Mussels

Healthy and Delicious

Amount/100g (Cooked PEI Mussels)		
Nutrient	Amount	%DV
Calories	172	9%
Carbohydrate	7.4g	2%
Protein	23.8g	48%
Total Fat	4.5g	7%
Omega -3's	866mg	
Calcium	33mg	3%
Iron	6.7mg	37%
Magnesium	37mg	9%
Phosphorus	285mg	28%
Potassium	268mg	8%
Zinc	2.7mg	18%
Manganese	6.8mg	340%
Selenium	89.6mcg	128%
Vitamin A	304iu	6%
Vitamin B12	24mcg	400%
Vitamin C	13.6mg	23%

Mussels have more Omega 3 fatty acids (EPA and DHA) than any other shellfish. These have many beneficial effects, including improving brain function and reducing inflammatory conditions, such as arthritis.

Mussels are low in fat and high in protein. 100 grams of PEI mussels provide almost 50% of your recommended daily protien.

Mussels are high in B12 vitamins and provide a readily absorbed source of many other A, B & C vitamins, amino acids, and vital minerals including iron, manganese, phosphorus, potassium, zinc and selenium.

Selenium, an essential mineral, helps support protein function. Eating 100 grams of mussels boosts your selenium intake by 89.6mg, more than the 55 micrograms required daily.

