

Mussels

Serving Size 3 oz/raw

Amount Per Serving

Calories 73 Calories from Fat 17

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 2%

Trans Fat

Cholesterol 24mg 8%

Sodium 243mg 10%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 10g

Vitamin A 3% • Vitamin C 11%

Calcium 2% • Iron 19%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. © www.NutritionData.com



www.ginc.com