



www.cport.net

MUSSELS *Mytilus chilensis*



Mussel meat

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED MUSSELS



Catch Our Wave® to Sustainability

Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.

Specifications

PRODUCT	Whole	On the 1/2 Shell	Meat
PACK	5/2 LB Vaccum Pack	10/2 LB IQF Polybag	2/5 LB IQF
SIZE	Normal & Jumbo	Medium	Small & Medium

For full package details, visit our website.



Sweet, plump and tender with a somewhat firmer bite than a clam, mussels have a distinctive, rich, sweet taste. Mussel meats should be plump, and color can vary from creamy to brown and orange.



For more detailed seasonality, visit our website



Mussels in White Wine-Garlic-Butter Sauce

INGREDIENTS:

- 4 tablespoons olive oil
- 4 tablespoons butter
- 1 whole onion, chopped fine
- 6 whole garlic cloves, minced
- 2 cup white wine
- 1 teaspoon thyme, dried
- 2 lbs SEA PORT Mussels
- 1 pinch salt and pepper, to taste
- 1 loaf crusty artisan bread of choice

DIRECTIONS:

Melt butter and olive oil over medium-low heat. Add onion and garlic and cook for 3 minutes or until translucent. Add white wine, thyme and mussels. Stir and cover the pot for about 8-10 minutes. Discard any unopened mussels. Season with salt and pepper. While mussels are cooking, place the bread on an oven rack for 8 minutes. Slice. Dump the pot into a bowl. Place bread around the outside edge. Serve and dip bread into the broth. Enjoy!

Preparation and cooking time: 10 mins Serves 6

www.tastykitchen.com/recipes/main-courses/mussels-in-white-wine-garlic-butter-sauce/

Nutrition Facts

Serving Size 3 oz (85g) (approx. 4-7 mussels depending on size)
Servings Per Container about 11

Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 480mg	20%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 6%	Vitamin C 8%
Calcium 15%	Iron 50%

INGREDIENTS: Mussels.

METHOD OF HARVEST: Farm - Raised; Rope Suspension System **FAO 87**
COUNTRY OF ORIGIN(S): Chile

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