



www.cport.net

GREENSHELL MUSSELS

Perna canaliculus



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.



WHOLE

- Vacuum Packed
- Packed 12x2 LB, Cooked
- Retail Packaging



ON THE HALF SHELL

- Available in Small, Medium and Large
- Individually Quick Frozen on the Half Shell
- Packed 12x2 LB, Blanched
- Retail Packaging

For full package details, visit our website.

The sweet and delicate flavor of the green mussel compliments many cuisine styles. Tender and juicy when properly prepared, green mussels have a distinctive flavor that lies somewhere between clams and oysters. Professionals enjoy the superior meat-to-shell ratio of 55 percent. Unique to New Zealand's pristine waters, the GreenShell™ or Green-lipped mussel is named for its attractively colored shell. The meat is either cream (male) or orange (female). Sea Port assures that our *Perna canaliculus* are grown, harvested, transported, processed and labeled following USDA National Shellfish Sanitation Program (CA 772 RS). For Health & Nutrition benefits go to: www.cport.net



Grading

Size (Half Shell)	Small	Medium	Large
Count per LB	18-25	12-18	8-12

SEASONALITY



FLAVOR



TEXTURE



For more detailed seasonality, visit our website



Mussels on the Half Shell

DIRECTIONS:

While still frozen top with cheese, garlic or herb butter and savory breadcrumbs. Place prepared mussels on a hot grill (approx. 5 mins.) or on high heat in an oven for approx. 6 mins. until cooked. DO NOT OVERCOOK MUSSELS. ONCE COOKED THEY MAY BE COOLED, COVERED, AND HELD IN REFRIGERATOR FOR UP TO 12 HOURS.

IMPORTANT: GreenShell™ Mussels Must be Kept Frozen to Maintain Safety. This product is heat shocked and persons who are pregnant, immune compromised or suffer from allergies should either avoid this product or cook it properly before consumption.

Preparation time: 30 min Serves 11

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: Blanched GreenShell™ Mussels.



Visit our website for more information on this item

For more recipe suggestions, please e-mail marketing@cport.net

METHOD OF HARVEST: Farm - Raised; Rope Suspension System FAO 81

COUNTRY OF ORIGIN: New Zealand

WEST COAST

131 7th Avenue, West, Kirkland, WA 98033
ph: (425) 827-2800 fx: (425) 827-7125

EAST COAST

536 Fayette Street, Perth Amboy NJ 08861
ph: (732) 826-9400 fx: 732.826.8195

e-mail: sales@cport.net
www.cport.net