



Nutrient & Unit	%Daily Value / DRI	%Energy from nutrients	PEI Mussels steamed CNF Code 3116			PEI Mussels steamed CNF Code 3116		
			Data	% DV	% E	Data	% DV	%E
Claims			Data	% DV	% E	Data	% DV	%E
Serving Size (g)			100			75		
Energy (E) (kcal)	2000		172.0			129		
Protein (g)	54	15%	23.8		55%	17.85		55%
Protein rating			64	0.0		48	0.0	
Fat (g)	65	33%	4.48	7%	23%	3.36	5%	23%
Total Saturated (g)			0.85			0.64		
Total trans (g)			0			0.00		
S + T (g)	20	10%	0.850	4%	4%	0.64	3%	4%
Total monounsaturat (g)			1.014			0.76		
Total polyunsaturat (g)			1.212			0.91		
Total omega-3 (g)			0.85			0.64		
DHA (22:6 n-3) (g)			0.380			0.285		
EPA (20:5 n-3) (g)			0.276			0.207		
DHA+EPA	1		0.656	66%		0.492	49%	
Cholesterol (mg)	300	mg!	56	19%		42	14%	
Carbohydrates (g)	300	60%	7.39	2%	17%	5.54	2%	17%
Minerals								
Calcium (mg)	1,100		33	3%		24.8	2%	
Iron (mg)	14		6.72	48%		5.0	36%	
Magnesium (mg)	250.0		37	15%		27.8	11%	
Phosphorus (mg)	1,100		285	26%		213.8	19%	
Potassium (mg)	3500		268	8%		201.0	6%	
Sodium (mg)	2400		369	15%		276.8	12%	
Zinc (mg)	9		2.67	30%		2.0	22%	
Copper (mg)	2		0.149	7%		0.1	6%	
Manganese (mg)	2		6.8	340%		5.1	255%	
Selenium* (ug)	50		89.6	179%		67.2	134%	
Vitamins								
vit A (RE)	1,000		91	9%		68.3	7%	
Folate B9 (ttl folacin) (ug)	220.0		76	35%		57.0	26%	
Niacin B3 (NE) or mg	23		7.45	32%		5.6	24%	
Panθοthenate B5 (mg)	7.0		0.95	14%		0.7	10%	
Ribolfavin B2 (mg)	1.6		0.42	26%		0.3	20%	
Thiamine - B1 (mg)	1.3		0.3	23%		0.2	17%	
Vitamin B6 (mg)	1.8		0.1	6%		0.1	4%	
Vitamin B12 (ug)	2.0		24	1200%		18.0	900%	
Vit C (mg)	60		13.6	23%		10.2	17%	
Vitamin D* (ug)	5		0.28	6%		0.2	4%	