



Nutrient	Units	US Daily Value	PEI Mussels steamed		
			NDB No: 15165		
			100 g	85 g serving	% DV
Calories	kcal	2000	172	146.2	
Protein	g	50	23.8	20.23	40%
Total Fat	g	65	4.48	3.808	6%
Carbohydrate	g	300	7.39	6.2815	2%
Dietary Fiber	g	25	0	0	0%
Calcium	mg	1000	33	28.05	3%
Iron	mg	18	6.72	5.712	32%
Magnesium	mg	400	37	31.45	8%
Phosphorus	mg	1000	285	242.25	24%
Potassium	mg	3500	268	227.8	7%
Sodium	mg	2400	369	313.65	13%
Zinc	mg	15	2.67	2.2695	15%
Copper	mg	2	0.149	0.12665	6%
Manganese	mg	2	6.8	5.78	289%
Selenium	mcg	70	89.6	76.16	109%
Vitamin C	mg	60	13.6	11.56	20%
Thiamin	mg	1.5	0.3	0.255	17%
Riboflavin	mg	1.7	0.42	0.357	21%
Niacin	mg	20	3	2.55	13%
Pantothenic acid	mg	10	0.95	0.8075	8%
Vitamin B-6	mg	2	0.1	0.085	4%
Folate	mcg	400	76	64.6	16%
Vitamin B-12	mcg	6	24	20.4	340%
Vitamin A	IU	5000	304	258.4	5%
Vitamin D	IU	400	NA	NA	NA
Saturated Fat	g	20	0.85	0.7225	4%
Monounsaturated Fat	g	NA	1.014	0.8619	NA
Polyunsaturated Fat	g	NA	1.212	1.0302	NA
20:5 n-3 (EPA)	g	NA	0.276	0.2346	NA
22:6 n-3 (DHA)	g	NA	0.506	0.4301	NA
EPA + DHA	g	NA	0.782	0.6647	NA
Cholesterol	mg	300	56	47.6	16%

Reference: U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>