

Canned Smoked Mussels

Nutrition Facts

Serving Size	1 can (78 g)		
Servings per Container	1		
Amount per Serving			
Calories	110	Calories from Fat	40
% Daily Value*			
Total Fat	4.5 g		7%
Saturated Fat	1 g		5%
Cholesterol	25 mg		8%
Sodium	440 mg		18%
Total Carbohydrate	3 g		1%
Dietary Fiber	2 g		8%
Sugars	0 g		
Protein	15 g		30%
Vitamin A	15%	Vitamin C	0%
Calcium	2%	Iron	25%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total fat	Less than	65 g	80 g
Sat fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 ▪ Carbohydrate 4 ▪ Protein 4