

# NUTRITIONAL FACTS

GREENHEAD LOBSTER LLC

## HPP Mussels

Nutrition Facts	
Serving size	3 oz. (85g)
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 310mg	16%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 6mg	30%
Potassium 230mg	4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Farm-Raised Rope-Grown Maine Mussels

**Allergens: Shellfish**

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GREENHEAD LOBSTER

8oz. Kate's Salted Butter

SALTED NET WT. 16 oz.

## Nutrition Facts

Serving size 1 Tbsp. (14g)

Servings per Container: 32

### Amount Per Serving

Calories 100    Calories from Fat 100

### % Daily Value

**Total Fat** 11g                      **17%**

    Saturated Fat 7g                **36%**

    Trans Fat 0g                    **0%**

**Cholesterol** 30mg                **10%**

Sodium 120mg                    **5%**

**Total Carbohydrate** 0g        **0%**

**Protein** 0g

**Vitamin A** 8%

Not a significant source of dietary fiber,  
sugar, vitamin C, calcium and iron.

\*Percent Daily Values are based on a 2,000  
calorie diet.

**INGREDIENTS:** GRADE A CREAM,  
SEA SALT.