



FINE FOODS

Premium

RAW & BEER BATTERED MUSSELS



NO ARTIFICIAL FLAVOURS,
COLOURS OR PRESERVATIVES



COOKED IN CHOLESTEROL
FREE RICE BRAN OIL



Premium RAW & BEER BATTERED MUSSELS

Courtgem is an Australian family owned company that manufactures a fine range of Heat and Serve products and have been supplying the Foodservice industry since 1989.



BEER BATTERED MUSSELS

Product Code: FGBATM100

3 x 1kg

NUTRITIONAL INFORMATION		
Serving Size: 66g Servings per bag: 15		
	Per 100g	Per Serve
Energy	850kj	468kj
Protein	11.6g	6.4g
Fat - total	6.3g	3.5g
- saturated	2.2g	1.2g
Carbohydrate	24.5g	12.6g
Sugars	4.4g	2.4g
Sodium	660mg	363mg

* Nutritional information is correct at time of publishing. As ingredients are subject to change, we recommend checking for the most current information.

Ingredients: Mussels (Mytilus Chilensis 60%), Water, Wheaten Flour, Maize Starch (1404), Maize Flour, Vegetable Oil (Rice Bran Oil), Sugar, Salt, Pre-gelatinized Wheat Starch, Wheat Starch, Baking Powder (541, 500), Hydrolyzed Vegetable Protein, Maltodextrin [Wheat], Stabilizer (339, 405) [Thickner (401) Calcium Sulphate], Vegetable Gums (412, 415) Beer, Spices.

Cooking Instructions: Cook from frozen.

Deep Fry: Preheat oil to 180°C and cook for approximately 4–6mins or until golden brown.

Storage Instructions: Keep frozen at or below minus 18°C.

This is a guide only. Appliance temperatures may vary. You may need to adjust cooking times accordingly. Please ensure product is fully cooked before eating.

RAW MUSSELS

Product Code: FGMUSSEL100

3 x 1kg

NUTRITIONAL INFORMATION		
Serving Size: 100g Servings per bag: 10		
	Per 100g	Per Serve
Energy	438kj	43.8kj
Protein	16.0g	1.6g
Fat - total	2.7g	0.3g
- saturated	0.7g	0.1g
Carbohydrate	4.7g	0.5g
Sugars	0.0g	0.0g
Sodium	488mg	48.8mg

* Nutritional information is correct at time of publishing. As ingredients are subject to change, we recommend checking for the most current information.

Produced in Australia from Local & Imported Ingredients



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Available from: