

# Blue mussel



Latin: *Mytilus edulis*

The flavor of steamed mussels is reason enough to enjoy the delicacy of the sea. If you need one more: A pound provides a third of daily needs for iron.

You find Blue mussels at 0 to 10 meters depth along the Norwegian coast. They feed on phytoplankton. Mussels spawn usually between April and June, when the water temperature is between eight and ten degrees. The fertilized eggs develop into larvae that swim freely for about a month until they attach themselves to surfaces of rocks, cliffs, boats and moorings.

## Harvesting

Recreational harvesting is common, and some harvesting is done also with grab from a boat on good mussels banks. The season is all year round, but the best mussels harvested in autumn and winter. Mussels are grown also called flexural horizontal systems of ropes that held up by buoys, and from these lines hanging rope or ribbon where mussels can attach themselves.

## Size

Up to 10-15 cm  
longevity  
20 years or more  
In other words

## **Nutrition**

Seafood contains almost all the key nutrients that the body needs. Mussels are particularly rich in Protein, which builds and maintains all body cells. Vitamin B12, which is essential for the body to form new cells, including red blood cells. Vitamin B12 can help prevent anemia, anemia. Selenium, an important contributory substance in an enzyme that fights harmful chemical processes in the body.

## **Nutritional content**

100 g mussels, raw

Energy content: 229 kJ or 54 kcal

Protein: 10.4 g

Fat: 1.4 g

Carbohydrates, total: 0 g

Saturated fatty acids: 0.3 g

Transmission Unsaturated fatty acids: 0 g

Monounsaturated fatty acids: 0.3 g

Polyunsaturated fatty acids: 0.6 g

Cholesterol: 41 mg

## **Vitamins:**

Vitamin A: 14 micrograms

Vitamin D: 0 micrograms

Riboflavin: 0.27 mg

Folate 37 micrograms

Vitamin B12: 25 micrograms

## **Minerals:**

Iron: 5.8 mg

Selenium: 51 micrograms

More nutritional data on [www.nifes.no/sjomatdata](http://www.nifes.no/sjomatdata).