

Blue Mussels

Mytilus edulis



Photo: Shutterstock



Species Profile

Market Names: Mussel, blue mussel, France: moule commune, Germany: miesmuschel, Italy: cozza, Japanese: murasaki-gai, Spain: mejillón

Species range: While blue mussels grow in the wild, much of the mussel supply comes from farms, in Europe and both coast of North America, South America and China.

Taste: Blue mussels have a rich, sweet taste.

Texture: The color of mussel meats range from white to orange and are plump and tender.

Buying tip: Buyers should adopt a seasonal strategy because meat content decreases dramatically after mussels spawn; blue mussels are at their peak in winter and early spring while Mediterranean mussels (*Mytilus galloprovincialis*), another popular blue-shell mussel, are better in the spring, summer, and fall.

Season: farmed mussels are available year-around.

Nutritional Facts

Serving Size: 100 grams/3.5 oz. (raw)
Calories: 89
Total Fat: 2.2g
Sodium: 270mg
Protein: 12g

Sustainability profile

A wide variety of mussels are certified by the Marine Stewardship Council, Friend of the Sea and other certification bodies. Mussels are considered one of the most sustainable seafoods in the world.

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