

NUTRITION INFORMATION

FARMED ATLANTIC SALMON -
SERVING SIZE: 100G
SERVINGS PER PACK: 1

AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G	
ENERGY	949kJ	10.9	949kJ
PROTEIN	20.5g	41.0	20.5g
FAT, TOTAL	16.7g	23.9	16.7g
saturated	4.08g	17.0	4.08g
trans	0.141g		0.141g
polyunsaturated	4.99g		4.99g
omega 3	2.62g		2.62g
alpha-linolenic acid	182mg	91.0	182mg
docosahexaenoic acid	790mg	2,633	790mg
eicosapentaenoic acid	1,030mg	3,433	1,030mg
monounsaturated	7.47g		7.47g
CARBOHYDRATE	0.119g	0	0.119g
sugars	0g	0	0g
SODIUM	32.1mg	1.4	32.1mg
PHOSPHOROUS	260mg	26.0	260mg
SELENIUM	0.024mg	33.9	0.024mg

*Percentage daily intakes are based on an average adult diet of 8,700kJ. Your daily intakes may be higher or lower depending on your energy needs.