

NUTRITION INFORMATION

FARMED BANANA PRAWNS -
SERVING SIZE: 100G
SERVINGS PER PACK: 1

AVERAGE
QUANTITY
PER
SERVING

% DAILY
INTAKE*
(PER SERVING)

AVERAGE
QUANTITY
PER 100G

ENERGY	423kJ	4.9	423kJ
PROTEIN	23.2g	46.4	23.2g
FAT, TOTAL	0.925g	1.3	0.925g
saturated	0.283g	1.2	0.283g
trans	0.002g		0.002g
polyunsaturated	0.46g		0.46g
omega 3	0.231g		0.231g
docosahexaenoic acid	83.8mg	279	83.8mg
eicosapentaenoic acid	130mg	433	130mg
monounsaturated	0.18g		0.18g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	805mg	35.0	805mg
PHOSPHOROUS	228mg	22.8	228mg
SELENIUM	0.039mg	56.0	0.039mg
ZINC	1.55mg	12.9	1.55mg
COPPER	0.975mg	32.5	0.975mg

*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.