

# NUTRITION INFORMATION

**FARMED BARRAMUNDI -**  
**SERVING SIZE: 100G**  
**SERVINGS PER PACK: 1**

	<b>AVERAGE QUANTITY PER SERVING</b>	<b>% DAILY INTAKE* (PER SERVING)</b>	<b>AVERAGE QUANTITY PER 100G</b>
<b>ENERGY</b>	605kJ	7.0	605kJ
<b>PROTEIN</b>	19.5g	39.0	19.5g
<b>FAT, TOTAL</b>	7.36g	10.5	7.36g
saturated	2.24g	9.3	2.24g
trans	0.079g		0.079g
polyunsaturated	2.13g		2.13g
omega 3	1.080g		1.080g
alpha-linolenic acid	78.4mg	39.2	78.4mg
docosahexaenoic acid	401mg	1336	401mg
eicosapentaenoic acid	370mg	1233	370mg
monounsaturated	2.91g		2.91g
<b>CARBOHYDRATE</b>	0.25g	0.1	0.25g
sugars	0g	0	0g
<b>SODIUM</b>	55.5mg	2.4	55.5mg
<b>PHOSPHOROUS</b>	170mg	17.0	170mg
<b>SELENIUM</b>	0.027mg	38.9	0.027mg

\*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.