

NUTRITION INFORMATION

FARMED BLACK TIGER PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	361kJ	4.1	361kJ
PROTEIN	20.2g	40.4	20.2g
FAT, TOTAL	1.06g	1.6	1.06g
saturated	0.365g	1.5	0.365g
trans	0.005g		0.005g
polyunsaturated	0.47g		0.47g
omega 3	0.244g		0.244g
docosahexaenoic acid	110mg	367	110mg
eicosapentaenoic acid	116mg	387	116mg
monounsaturated	0.25g		0.25g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	919mg	40.0	919mg
PHOSPHOROUS	214mg	21.4	214mg
SELENIUM	0.025mg	35.7	0.025mg
ZINC	1.95mg	16.3	1.95mg
COPPER	1.81mg	60.3	1.81mg

*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.