

NUTRITION INFORMATION

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

**AVERAGE
QUANTITY
PER
SERVING**

**% DAILY
INTAKE*
(PER SERVING)**

**AVERAGE
QUANTITY
PER 100G**

FARMED ABALONE - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	384kJ	4.4	384kJ
PROTEIN	16.65g	33.3	16.65g
FAT, TOTAL	0.763g	1.1	0.763g
saturated	0.244g	1.0	0.244g
trans	0.007g		0.007g
polyunsaturated	0.298g		0.298g
omega 3	0.148g		0.148g
docosahexaenoic acid	52.8mg	176	52.8mg
eicosapentaenoic acid	15.3mg	50.8	15.3mg
monounsaturated	0.165g		0.165g
CARBOHYDRATE	4.25g	1.4	4.25g
sugars	0.9g	1.0	0.9g
SODIUM	591mg	25.7	591mg
PHOSPHOROUS	153.5mg	15.4	153.5mg
SELENIUM	0.021mg	30.6	0.021mg
IODINE	0.126mg	84.2	0.126mg
MAGNESIUM	66.8mg	20.9	66.8mg

*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.