

NUTRITION INFORMATION

FARMED OCEAN TROUT -
SERVING SIZE: 100G
SERVINGS PER PACK: 1

AVERAGE
QUANTITY
PER
SERVING

% DAILY
INTAKE*
(PER SERVING)

AVERAGE
QUANTITY
PER 100G

FARMED OCEAN TROUT - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	1250kJ	14.4	1250kJ
PROTEIN	17.4g	34.8	17.4g
FAT, TOTAL	24.6g	35.1	24.6g
saturated	6.88g	28.7	6.88g
trans	0.15g		0.15g
polyunsaturated	6.6g		6.6g
omega 3	3.790g		3.790g
alpha-linolenic acid	205mg		205mg
docosahexaenoic acid	1190mg		1190mg
eicosapentaenoic acid	1910mg		1910mg
monounsaturated	11.9g		11.9g
CARBOHYDRATE	3.2g	1.0	3.2g
sugars	0g	0	0g
SODIUM	247mg	10.7	247mg
PHOSPHOROUS	221mg	22.1	221mg
SELENIUM	0.028mg	39.9	0.028mg

*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.