

# NUTRITION INFORMATION

<b>FARMED YELLOWTAIL KINGFISH - SERVING SIZE: 100G SERVINGS PER PACK: 1</b>	<b>AVERAGE QUANTITY PER SERVING</b>	<b>% DAILY INTAKE* (PER SERVING)</b>	<b>AVERAGE QUANTITY PER 100G</b>
<b>ENERGY</b>	858kJ	9.9	858kJ
<b>PROTEIN</b>	22.9g	45.8	22.9g
<b>FAT, TOTAL</b>	12.7g	18.1	12.7g
saturated	3.29g	13.7	3.29g
trans	0.129g		0.129g
polyunsaturated	4.41g		4.41g
omega 3	2.580g		2.580g
alpha-linolenic acid	147mg	73.5	147mg
docosahexaenoic acid	994mg	3313	994mg
eicosapentaenoic acid	873mg	2910	873mg
monounsaturated	4.83g		4.83g
<b>CARBOHYDRATE</b>	0.33g	0.1	0.33g
sugars	0g	0	0g
<b>SODIUM</b>	35.7mg	1.6	35.7mg
<b>SELENIUM</b>	0.031mg	44.7	0.031mg
<b>PHOSPHOROUS</b>	277mg	27.7	277mg
<b>VITAMIN E</b>	3.3mg	33.0	3.3mg

\*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.