

# NUTRITION INFORMATION

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

**AVERAGE  
QUANTITY  
PER  
SERVING**

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

**AVERAGE  
QUANTITY  
PER 100G**

| <b>ENERGY</b>         | <b>392kJ</b> | <b>4.5</b> | <b>392kJ</b> |
|-----------------------|--------------|------------|--------------|
| <b>PROTEIN</b>        | 18.6g        | 37.3       | 18.6g        |
| <b>FAT, TOTAL</b>     | 0.58g        | 0.82       | 0.58g        |
| saturated             | 0.20g        | 0.85       | 0.20g        |
| trans                 | 0g           |            | 0g           |
| polyunsaturated       | 0.24g        |            | 0.24g        |
| omega 3               | 0.094g       |            | 0.094g       |
| docosahexaenoic acid  | 29.30mg      | 97.7       | 29.30mg      |
| eicosapentaenoic acid | 0.67mg       | 2.2        | 0.67mg       |
| monounsaturated       | 0.13g        |            | 0.13g        |
| <b>CARBOHYDRATE</b>   | 3.14g        | 1.01       | 3.14g        |
| sugars                | 0.9g         | 1.0        | 0.9g         |
| <b>SODIUM</b>         | 268mg        | 11.6       | 268mg        |
| <b>PHOSPHOROUS</b>    | 132mg        | 13.2       | 132mg        |
| <b>IODINE</b>         | 0.13mg       | 84.4       | 0.13mg       |
| <b>IRON</b>           | 2.86mg       | 23.8       | 2.86mg       |
| <b>VITAMIN E</b>      | 1.33mg       | 13.3       | 1.33mg       |
| <b>MAGNESIUM</b>      | 48.3mg       | 15.1       | 48.3mg       |
| <b>SELENIUM</b>       | 0.009mg      | 12.9       | 0.009mg      |

\*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.