

NUTRITION INFORMATION

WILD SOUTHERN ROCK LOBSTER - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	358kJ	4.1	358kJ
PROTEIN	20.2g	40.4	20.2g
FAT, TOTAL	0.69g	1.0	0.69g
saturated	0.191g	0.8	0.191g
trans	0.003g		0.003g
polyunsaturated	0.296g		0.296g
omega 3	0.165g		0.165g
docosahexaenoic acid	93mg	310.0	93mg
eicosapentaenoic acid	51.8mg	172.7	51.8mg
monounsaturated	0.2g		0.2g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	283mg	12.3	283mg
PHOSPHOROUS	288mg	28.8	288mg
MAGNESIUM	40.6mg	12.7	40.6mg
ZINC	2mg	16.7	2mg
VITAMIN E	2mg	20.0	2mg

*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.