

NUTRITION INFORMATION

FARMED NATIVE OYSTERS SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	303kJ	3.5	303kJ
PROTEIN	10.8g	21.6	10.8g
FAT, TOTAL	2.2g	3.1	2.2g
saturated	0.737g	3.1	0.737g
trans	0.24g		0.24g
polyunsaturated	1.03g		1.03g
omega 3	0.680g		0.680g
alpha-linolenic acid	69mg	34.5	69mg
docosahexaenoic acid	205mg	683.3	205mg
eicosapentaenoic acid	279mg	930.0	279mg
monounsaturated	0.43g		0.43g
CARBOHYDRATE	2.28g	0.7	2.28g
sugars	0g	0	0g
SODIUM	493mg	21.4	493mg
PHOSPHOROUS	165mg	16.5	165mg
IODINE	0.253mg	168.7	0.253mg
SELENIUM	0.054mg	77.1	0.054mg
IRON	3.4mg	28.3	3.4mg
MAGNESIUM	75mg	23.4	75mg
CALCIUM	188mg	23.5	188mg
ZINC	11.6mg	96.7	11.6mg

*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.