

NUTRITION INFORMATION

WILD BANANA PRAWNS SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	366kJ	4.2	366kJ
PROTEIN	20.3g	40.6	20.3g
FAT, TOTAL	0.74g	1.1	0.74g
saturated	0.239g	1.0	0.239g
trans	0.0029g		0.0029g
polyunsaturated	0.343g		0.343g
omega 3	0.184g		0.184g
docosahexaenoic acid	89.3mg	297.7	89.3mg
eicosapentaenoic acid	73.8mg	246.0	73.8mg
monounsaturated	0.158g		0.158g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	307mg	13.3	307mg
SELENIUM	0.0472mg	67.4	0.0472mg
PHOSPHOROUS	292mg	29.2	292mg
IODINE	0.0505mg	33.7	0.0505mg
VITAMIN E	1.5mg	15.0	1.5mg

*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.