

## NUTRITION INFORMATION

WILD BROWN TIGER PRAWNS SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	321kJ	3.7	321kJ
PROTEIN	16.6g	33.2	16.6g
FAT, TOTAL	1.09g	1.6	1.09g
saturated	0.37g	1.5	0.37g
trans	0.0075g		0.0075g
polyunsaturated	0.468g		0.468g
omega 3	0.233g		0.233g
docosahexaenoic acid	113mg	376.7	113mg
eicosapentaenoic acid	82mg	273.3	82mg
monounsaturated	0.249g		0.249g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	192mg	8.3	192mg
SELENIUM	0.0271mg	38.7	0.0271mg
PHOSPHOROUS	304mg	30.4	304mg
IODINE	0.0917mg	61.1	0.0917mg
VITAMIN E	1.7mg	17.0	1.7mg
MAGNESIUM	46mg	14.4	46mg
ZINC	1.46mg	12.2	1.46mg

\*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.