

NUTRITION INFORMATION

WILD ENDEAVOUR PRAWNS SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	425kJ	4.9	425kJ
PROTEIN	23.5g	47.0	23.5g
FAT, TOTAL	0.93g	1.3	0.93g
saturated	0.272g	1.1	0.272g
trans	0.004g		0.004g
polyunsaturated	0.435g		0.435g
omega 3	0.274g		0.274g
docosahexaenoic acid	125mg	416.7	125mg
eicosapentaenoic acid	121mg	403.3	121mg
monounsaturated	0.222g		0.222g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	275mg	12.0	275mg
SELENIUM	0.0358mg	51.1	0.0358mg
PHOSPHOROUS	329mg	32.9	329mg
IODINE	0.0765mg	51.0	0.0765mg
VITAMIN E	1.5mg	15.0	1.5mg
MAGNESIUM	53.6mg	16.8	53.6mg
ZINC	1.64mg	13.7	1.64mg

*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.