

NUTRITION INFORMATION

WILD SCHOOL PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	413kJ	4.7	413kJ
PROTEIN	23.1g	46.2	23.1g
FAT, TOTAL	0.78g	1.1	0.78g
saturated	0.243g	1.0	0.243g
trans	0.004g		0.004g
polyunsaturated	0.369g		0.369g
omega 3	0.200g		0.200g
docosahexaenoic acid	97mg	323.3	97mg
eicosapentaenoic acid	81.4mg	271.3	81.4mg
monounsaturated	0.166mg		0.166mg
CARBOHYDRATE	0.0g	0.0	0.0g
sugars	0g	0	0g
SODIUM	314mg	13.7	314mg
SELENIUM	0.053mg	75.7	0.053mg
PHOSPHOROUS	292mg	29.2	292mg
IODINE	0.0813mg	54.2	0.0813mg
VITAMIN E	1.6mg	16.0	1.6mg
MAGNESIUM	52.8mg	16.5	52.8mg
ZINC	1.58mg	13.2	1.58mg

*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.