

NUTRITION INFORMATION

WILD WESTERN KING PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	315kJ	3.6	315 kJ
PROTEIN	17.3g	34.6	17.3g
FAT, TOTAL	0.7g	1.0	0.7g
saturated	0.219g	0.9	0.219g
trans	0.0021g		0.0021g
polyunsaturated	0.325g		0.325g
omega 3	0.196g		0.196g
docosahexaenoic acid	94mg	313.3	94mg
eicosapentaenoic acid	84mg	280.0	84mg
monounsaturated	0.155g		0.155g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	408mg	17.7	408mg
SELENIUM	0.0302mg	43.1	0.0302mg
PHOSPHOROUS	329mg	32.9	329mg
IODINE	0.037mg	24.7	0.037mg
VITAMIN E	1.2mg	12.0	1.2mg
MAGNESIUM	34.2mg	10.7	34.2mg
ZINC	1.18mg	17.7	1.18mg

*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.