

NUTRITION INFORMATION

SKIN ON PORTION

NUTRITIONAL INFORMATION

	Ave qty per 180g serving	Ave qty per 100g
ENERGY	1363kJ	757kJ
PROTEIN	32.4g	18.0g
FAT, TOTAL	18.5g	10.3g
- SATURATED	5.6g	3.1g
- TRANS	0.1g	0.1g
- POLYUNSATURATED	3.6g	2.0g
- OMEGA-3 FATTY ACIDS	1080mg	600mg
- EPA	185mg	103mg
- DHA	427mg	237mg
- MONOUNSATURATED	9.4g	5.2g
CARBOHYDRATE	0.2g	0.1g
- SUGARS	<0.1g	<0.1g
SODIUM	115mg	64mg

SKIN OFF PORTION

NUTRITIONAL INFORMATION

	Ave qty per 180g serving	Ave qty per 100g
ENERGY	873kJ	485kJ
PROTEIN	34.7g	19.3g
FAT, TOTAL	5.6g	3.1g
- SATURATED	1.6g	0.9g
- TRANS	<0.1g	<0.1g
- POLYUNSATURATED	1.1g	0.6g
- OMEGA-3 FATTY ACIDS	360mg	200mg
- EPA	61mg	34mg
- DHA	140mg	78mg
- MONOUNSATURATED	2.7g	1.5g
CARBOHYDRATE	0.2g	0.1g
- SUGARS	<0.1g	<0.1g
SODIUM	115mg	64mg

