



SKIN ON

NUTRITION INFORMATION

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

SKIN OFF

NUTRITION INFORMATION

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

