

Nutritional Facts

Per 100g of raw product (approx 1 doz oysters)

ENERGY	378 KJ (90 Calories)
PROTEIN	11.1 g (17%RDI*)
TOTAL FAT (oil)	1.0 g
Omega -3, EPA	136 mg
Omega -3, DHA	142 mg
Omega -6, AA	30 mg
Cholesterol	27 mg
CARBOHYDRATE	0.7 g
Sugars	0.1 g



Vitamins and Minerals

Iron	3.9 mg (39% RDI*)
Zinc	65.6mg (546% RDI*)
Vitamin A	46 µg
B2 (Riboflavin)	0.37 mg (19.5% RDI*)
B3 (Niacin)	6 mg (28.5% RDI*)
B-carotene equivalent	14 µg
Calcium	134 mg (13.5% RDI*)
Sodium	106mg

*Recommended Daily Intake

99% FAT FREE

LESS THAN 0.03% CHOLESTEROL

RICH IN VITAMINS, MINERALS AND OMEGA -3

Sources:

Australian Seafood Users Manual

Food Standards Australia

New Zealand Nutritional Panel

The Australian Seafood Catering Manual

South Australian Oyster Research Council