

# Vitality Cuisine

## MURRAY COD

<b>Nutritional Information</b> <b>Serving Size: 100g</b>		
	<b>Quantity per serving</b>	<b>% Daily Intake* (per serving)</b>
<b>Energy</b>	<b>418kJ</b>	<b>5%</b>
	<b>100 (Cal)</b>	
<b>Protein</b>	<b>19.3g</b>	<b>39%</b>
<b>Fat - total</b>	<b>2.4g</b>	<b>3%</b>
- saturated	<b>0.8g</b>	<b>3%</b>
- monounsaturated	<b>1.0g</b>	
- polyunsaturated	<b>0.6g</b>	
- trans	<b>&lt;0.01g</b>	
<b>Carbohydrate - total</b>	<b>&lt;0.1g</b>	<b>&lt;1%</b>
- sugars	<b>&lt;0.1g</b>	<b>&lt;1%</b>
<b>Sodium</b>	<b>42mg</b>	<b>2%</b>
	<b>1.8(mmol)</b>	
* Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.		



### **Condabilla Fish**

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