

# Smoked Oysters with Chili



Net Weight:

85g

Shelf Life:

5 Years

Ingredients:

Smoked Oysters, Sunflower Oil, Chili Oil, Chili, Salt

Allergen List:

Contains shellfish (oysters)

Health Claims:

Source of omega-3 polyunsaturates

Source of omega-6 polyunsaturates

Good source of protein

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 55 g / par 55 g	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 150 Cal	
<b>Fat / Lipides</b> 11 g	<b>17 %</b>
Saturated / saturés 2 g	<b>10 %</b>
+ Trans / trans 0.1 g	
Polyunsaturated / polyinsaturés 6 g	
Omega-6 / oméga-6 4.5 g	
Omega-3 / oméga-3 0.9 g	
Monounsaturated / monoinsaturés 3 g	
<b>Cholesterol / Cholestérol</b> 40 mg	
<b>Sodium / Sodium</b> 220 mg	<b>9 %</b>
<b>Carbohydrate / Glucides</b> 2 g	<b>1 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 10 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	25 %

