

Fish with Oyster Ginger

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	77kcal	105kcal
Protein	12.8g	17.0g
Total Fat	2.0g	2.6g
Saturated Fat	0.3g	0.4g
Trans Fat	0.0g	0.0g
Cholesterol	26mg	35mg
Carbohydrate	2.1g	2.8g
Total Sugar	1.3g	1.7g
Dietary Fibre	0.8g	1.0g
Sodium	198mg	264mg

Fish with Sweet & Sour

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	70kcal	93kcal
Protein	11.2g	14.9g
Total Fat	1.5g	2.0g
Saturated Fat	0.2g	0.3g
Trans Fat	0.0g	0.0g
Cholesterol	29mg	38mg
Carbohydrate	2.6g	3.5g
Total Sugar	2.3g	3.0g
Dietary Fibre	0.2g	0.3g
Sodium	169mg	225mg

Fish with HK Soy

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	59kcal	78kcal
Protein	11.1g	14.8g
Total Fat	0.7g	0.9g
Saturated Fat	0.2g	0.2g
Trans Fat	0.0g	0.0g
Cholesterol	29mg	38mg
Carbohydrate	0.9g	1.2g
Total Sugar	0.4g	0.5g
Dietary Fibre	0.1g	0.1g
Sodium	122mg	163mg

Fish with Indo BBQ

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	101kcal	135kcal
Protein	11.7g	15.6g
Total Fat	2.0g	2.6g
Saturated Fat	0.3g	0.4g
Trans Fat	0.0g	0.0g
Cholesterol	29mg	38mg
Carbohydrate	9.1g	12.1g
Total Sugar	8.0g	10.7g
Dietary Fibre	0.3g	0.4g
Sodium	517mg	689mg

Fish with Lemak

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	71kcal	95kcal
Protein	11.3g	15.1g
Total Fat	2.3g	3.1g
Saturated Fat	1.7g	2.2g
Trans Fat	0.0g	0.0g
Cholesterol	29mg	38mg
Carbohydrate	1.2g	1.6g
Total Sugar	0.5g	0.6g
Dietary Fibre	0.2g	0.2g
Sodium	71mg	94mg