

		USRDA Adult Male %	(Adult Female) %			USRDA Adult Male %	(Adult Female) %
Energy	85 Kcal	2.9	(3.8)	Vitamin D ²	0.0018 mg	360	(360)
Protein	12 g	19	(24)	(D2 and D3)			
Oil (fat)	2.1 g	2.2	(2.9)	Vitamin E ²	1.9 mg	19	(19)
Omega 3	0.5 mg	ratio Omega 3 to Omega 6 is 13.5		(tocopherol)			
Cholesterol	27 mg	--	--	Vitamin B1 ²	0.009 mg	0.6	(0.6)
Calcium (Ca) ²	56 mg	7	(7)	(Thiamin)			
Iodine (I)	0.065 mg	43	(43)	Vitamin B2 ²	0.28 mg	16	(21)
Iron (Fe) ²	7.0 mg	70	(47)	(riboflavin)			
Phosphorus (P) ²	230 mg	29	(29)	Vitamin B6 ²	0.19 mg	9.5	(12)
Potassium (K) ²	270 mg	(widely available in food-indicative 11%)		(Pyridoxine)			
Selenium (Se) ²	0.038 mg	19	(19)	Vitamin B12 ²	0.009 mg	0.5	(0.5)
Sodium (Na) ²	410 mg	(widely available in food-indicative 13%)		(Cobalamin)			
Zinc (Zn) ²	0.95 mg	6	(8)	Niacin ²	1.4 mg	7	(9.3)
Vitamin A ²	0.05 mg	5	(5)	Pantothenate ²	<1.0 mg	<20	(<20)
(Retinol)				Vitamin C ²	4.4 mg	7	(7)
				(ascorbic acid)			
				<i>Proximate composition figures sourced NZ Government DSIR 1991</i>			
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				<i>(Chemistry) 1992</i>			