

Nutrition Facts

1 serving per container

Serving size
1 can (120g)

Calories
per serving
245

Amount/Serving % DV*

Total Fat 17g **23%**

Sat. Fat 5g **29%**

Trans Fat 0g

Cholest. 102mg **34%**

Sodium 146mg **6%**

Vitamin D 6% • Calcium 44% • Iron 15% • Potassium 6%

*%DV = %Daily Value

Nutrition Facts based on drained weight

Amount/Serving % DV*

Total Carb. 0g **0%**

Fiber 0g **0%**

Total Sugars 0g

Inc. 0g Added Sugars **0%**

Protein 23g

Ingredients: Sardines (*Sardina pilchardus*) (70%), water, salt.

Contains: sardines (**FISH**)

Catch method: Purse seine. **Catch**

area: North East Atlantic (FAO 27).

Produced in Portugal. **Best**

before: See bottom side of the packaging.