

Weight: 4.4 OZ (125 g)

Ingredients: Jack mackerel (72%) (*Trachurus murphyi*), sunflower oil, salt.

Allergens: contains jack mackerel, fish.

Origin: Southwest Pacific (FAO 87)

Nutrition facts

Servings per packaging	1	
Serving size	3 OZ (85g) drained	
	Amount per serving	DV%*
Calories	139	
Total fat	6.5 g	8% DV
Saturated fat	1.6 g	8% DV
Trans fat	0 g	
Cholesterol	51 mg	17% DV
Sodium	298 mg	36% DV
Total carbohydrate	0 g	0% DV
Dietary fiber	0 g	0% DV
Total sugars	0 g	
Includes 0g added sugars		
Protein	20 g	41% DV
Vitamin D		0% DV
Calcium		2% DV
Iron		7% DV
Potassium		5% DV

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.