

Ingredients: Sardines (*Sardina Pilchardus*) (70%), extra virgin olive oil (28.2 %), salt.

Allergens: contains sardines, fish.

Origin: Northeast Atlantic Ocean (FAO 27)

Nutrition facts

Servings per packaging	1	
Serving size	1 can drained (85 g)	
	Amount per serving	DV%*
Calories	180	
Total fat	8 g	10% DV
Saturated fat	2 g	6% DV
Trans fat	0 g	
Cholesterol	50 mg	17% DV
Sodium	145 mg	6% DV
Total carbohydrate	0 g	0% DV
Dietary fiber	0 g	0% DV
Total sugars	0 g	
Includes 0g added sugars		
Protein	22 g	44% DV
Vitamin D		30% DV
Calcium		20% DV
Iron		15% DV
Potassium		8% 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.