

Ingredients: Sardines (*Sardina Pilchardus*) (70.8%), tomato sauce (24.2%) (olive oil, tomato concentrate, water, sugar, cider vinegar, laurel, salt), piri piri (2%), cucumber (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	240	
Total fat	17 g	22% DV
Saturated fat	8 g	41% DV
Trans fat	0 g	
Cholesterol	100 mg	33% DV
Sodium	290 mg	13% DV
Total carbohydrate	2 g	1% DV
Dietary fiber	0 g	0% DV
Total sugars	0 g	
Includes Og added sugars		
Protein	20 g	40% DV
Vitamin D		60% DV
Calcium		25% DV
Iron		10% DV
Potassium		11% 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.