

# DONOSTIA

FOODS

*selected ingredients for authentic pintxos and tapas*

## Bonito del Norte Tuna in Olive Oil

Nutrition Facts	
Serving Size: 1 piece (55 g)	
Servings Per Container about 3	
<b>Amount Per Serving</b>	
<b>Calories</b> 70	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5 g	<b>4%</b>
Saturated Fat 0 g	<b>1%</b>
Trans Fat 0 g	<b>0%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 80 mg	<b>3%</b>
<b>Total Carbohydrate</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Sugars 0 g	
<b>Protein</b> 11 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 - Carbohydrate 4 - Protein 4	