

# DONOSTIA

F O O D S

*selected ingredients for authentic pintxos and tapas*

## Cod Fish in Biscayne Sauce

<b>Nutrition Facts</b>	
Serving Size: 3 oz (85 g)	
Servings Per Container 1.3	
<b>Amount Per Serving</b>	
<b>Calories 153</b>	
	<b>% Daily Value*</b>
<b>Total Fat 5.4 g</b>	<b>8%</b>
Saturated Fat 1.1 g	<b>6%</b>
Trans Fat 0 g	<b>0%</b>
<b>Cholesterol 34 mg</b>	<b>11%</b>
<b>Sodium 500 mg</b>	<b>22%</b>
<b>Total Carbohydrate 15 g</b>	<b>5%</b>
Dietary Fiber 0 g	<b>0%</b>
Sugars 0 g	
<b>Protein 12 g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*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	