

DONOSTIA

F O O D S

selected ingredients for authentic pintxos and tapas

Octopus in Olive Oil

Nutrition Facts	
Serving Size: 2 oz (55 g)	
Servings Per Container 2	
Amount Per Serving	
Calories 107	Calories from Fat 45
	% Daily Value*
Total Fat 5 g	8%
Saturated Fat 1 g	5%
Trans Fat 0 g	0%
Cholesterol 35.8 mg	12%
Sodium 264 mg	11%
Total Carbohydrate 3.2 g	1%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 12.4 g	
Vitamin A 1%	Vitamin C 0%
Calcium 8%	Iron 5%
*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	