

DONOSTIA

FOODS

selected ingredients for authentic pintxos and tapas

Sardines in Olive Oil

| Nutrition Facts | |
|--|---------------------------|
| Serving Size: 2 oz (55 g) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 114 | Calories from Fat 65 |
| % Daily Value* | |
| Total Fat 7.3 g | 11% |
| Saturated Fat 1.3 g | 7% |
| Trans Fat 0 g | 0% |
| Cholesterol 22 mg | 7% |
| Sodium 286 mg | 12% |
| Total Carbohydrate 0 g | 0% |
| Dietary Fiber 0 g | 0% |
| Sugars 0 g | |
| Protein 12.2 g | |
| Vitamin A 2% | Vitamin C 0% |
| Calcium 22% | Iron 10% |
| *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 | |