

DONOSTIA

F O O D S

selected ingredients for authentic pintxos and tapas

Small Scallops in Sauce

Nutrition Facts	
Serving Size: 3 oz (85 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	0%
Cholesterol 35 mg	12%
Sodium 360 mg	16%
Total Carbohydrate 2 g	1%
Dietary Fiber 1 g	4%
Sugars 0 g	
Protein 11 g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 20%
*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	

www.donostiafoods.com