

# DONOSTIA

F O O D S

*selected ingredients for authentic pintxos and tapas*

## Squid in American Sauce

<b>Nutrition Facts</b>	
Serving Size: 3 oz (85 g)	
Servings Per Container 1.4	
<b>Amount Per Serving</b>	
<b>Calories</b> 105	Calories from Fat
<b>% Daily Value*</b>	
<b>Total Fat</b> 5.4 g	<b>8%</b>
Saturated Fat 1 g	<b>4%</b>
Trans Fat 0 g	<b>0%</b>
<b>Cholesterol</b> 42 mg	<b>14%</b>
<b>Sodium</b> 272 mg	<b>12%</b>
<b>Total Carbohydrate</b> 3 g	<b>1%</b>
Dietary Fiber 0 g	<b>0%</b>
Sugars 0 g	
<b>Protein</b> 11 g	
Vitamin D 0%	Potassium 55 mg 2%
Calcium 27 mg 2%	Iron 1 mg 2%
*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
Calroes per gram:	
Fat 9 - Carbohydrate 4 - Protein 4	