

# Nutrition Facts

**Anchovies**      **Serving size (100g)**

**Amount Per Serving**

**Calories**

**130**

[www.ihcare.ae](http://www.ihcare.ae)    % Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.3g	<b>7%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	<b>40%</b>

Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 3.24mg	20%
Potassium 846mg	20%
Vitamin A	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.