

Nutrition Facts

Sardines

Serving size (100g)

Amount Per Serving

Calories

210

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% Daily Value*

Total Fat 12g	15%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 140mg	47%
Sodium 500mg	22%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 494mg	40%
Iron 2.88mg	15%
Potassium 376mg	8%
Vitamin A	2%

*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.