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**PREFER PRODUCTS BRANDS**

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## Canned Sardines in Hot Sauce

### NUTRITION INFORMATION

Serving per Container About 1

Serving Size 106g

#### Amount Per Serving

**Calories 100**

Calories from fat 25

% Daily Value

**Total Fat 2.5g**

**4%**

Saturated Fat 1g

**5%**

Trans Fat 0g

**Cholesterol 70mg**

**23%**

**Sodium 430mg**

**18%**

**Total Carbohydrate 3g**

**1%**

Dietary Fiber 1g

**4%**

Sugar 0g

**Protein 17g**

Vitamin A 0%



Vitamin C 0%

Calcium 40%



Iron 10%

\* Percentage Daily Intakes are based on an average adult diet of 2000 kcal. Your daily intakes may be higher or lower depending on your energy need.

\*\* Ref.: Lot ID 1214005-1 and calculation