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Warren, MI 48089 • T# 586-755-3629

www.preferproducts.com • info@preferproducts.com



Canned Sardines in Water

NUTRITION INFORMATION

Serving per Container About 1

Serving Size 82g

Amount Per Serving

Calories 90 Calories from fat 18

% Daily Value

Total Fat 2g **3%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 70mg **24%**

Sodium 390mg **16%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugar 0g

Protein 18g

Vitamin A 0% ● Vitamin C 0%

Calcium 50% ● Iron 6%

* 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 138807-3 and calculation