

Nutrition Facts/Declaração Nutricional

1 Serving per container / Serving Size 1 can (120g)

Calories per Serving
Calorias por porção **190**

Amount serving/ Quantidade por porção % Daily Value / % Valor diário *

Total Fat/ Gordura total 11 g	19%
Saturated Fat/ Gordura saturada 2 g	15%
Trans Fat/ Gordura trans 0 g	0%
Cholesterol/ Colesterol 90 mg	30%
Sodium/ Sódio 400 mg	20%
Total Carbohydrate/ Carboidratos total 1 g	0%
Dietary Fiber/ Fibras Alimentar 0 g	0%
Total Sugars/ Açúcares Totais 0 g	0%
Protein/ Proteína 22 g	
Vitamin D/ Vitamina D 6 mcg	30%
Iron/ Ferro 3 mg	17%
Calcium/ Cálcio 347 mg	27%
Potassium/ Potássio 354 mg	7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet of 2,000 calories.



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PRODUTO DE PORTUGAL



Store in a cool and dry place. Once opened, keep in the refrigerator up to 24 hours. / Conservar em local fresco e seco. Manter refrigerado após a abertura, consumir em 24 horas.

INGREDIENTS: **Sardinhas** (Sardina Pilchardus) 75%, Water, Tomato, Vegetable Oil and Sea Salt.

Drained weight 90 g

INGREDIENTES: **Sardinhas** (Sardina Pilchardus) 75%, Água, Tomate, Óleo Vegetal e Sal Marinho.

Peso escorrido 90 g

OMEGA 3 FAT - 2012 mg / 100g

100% Natural Artisan Product/
Produto artesanal 100% natural
Hand packed/ Embalado à mão

TRADIFOODS

Distributed by:

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