

Portomar 190160 - Small Sardines In Olive Oil

Sardines salted and canned in olive oil. Perfect on their own or flaked with a fork and mixed with lemon juice and diced onion served on a crusty bagel.



	Nutrition Facts Servings per Container 1		
Porto	bmar		g (2.8oz)
SMALL SARU SARDINAS on acourt	DINES in office office of de office (arctinitia)	Amount per serving Calories	220
	ined WL /Peso essuritive 2.8 = (81a)		ily Value*
Nor with because of the second s	Internal Para statistics and the	Total Fat 20g	26%
		Saturated Fat 3g	15%
		<i>Trans</i> Fat 0g	
		Cholesterol 30mg	10%
≭ Benefits		Sodium 330mg	14%
		Total Carbohydrate Og	0%
Sardines salted and canned in olive oil. Perfect on their own or flaked with a fork and mixed with lemon juice and diced onion		Dietary Fiber 0g	0%
served on a crusty bagel.		Total Sugars 0g	
		Includes 0g Added Sugar	0%
Ingredients	Allergens	Protein 12g	
		Vitamin D 0mcg	0%
Small Sardines, Olive Oil and Salt	Contains:	Calcium 170mg	15%
Contains: Fish(sardines)	(C) fish	Iron 1.5mg	8%
	Free From:	Potassium 200mg	4%
	(Segs (Construction)) regises (Construction) regises (Construction) represented by the set of the second se	* The % Daily Value (DV) tells you how mucl a serving of food contributes to a daily diet. a day is used for general nutrition advice.	

Handling Suggestions

Store unopened cans in a cool and dry place out of direct sunlight UNIT UPC: 8436035153138

Serving Suggestions

Perfect on their own or flaked with a fork and mixed with lemon juice and diced onion served on a crusty bagel.

Prep & Cooking Suggestions

Ready to eat

Product Specifications

Brand			Manufacturer					
Portomar				Atalanta Corporation				
UI	РС	MFG	# SP	C #	GTIN		Pack	Pack Desc.
843603	5153138	APOR1	60 190	160	18436035	153135		10/4 OZ
Gross Weight Net Weight Co		ountry of Origin Kosher		r Child Nutrition				
4.2	lb	2.5lb		Spa	Spain No			
Shipping Information								
Length	Width	Height	Volume	TIxH	I Shelf L	ife Sto	orage Te	mp From/To
8.5in	5in	5in	0.12ft3	44x5	5 949da	ys	60°F	/ 77°F





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Nutrition Analysis - By Measure

Calories	220	Total Fat	20g	Sodium	330mg
Protein	12	Trans Fats	Og	Calcium	170mg
Total Carbohydrates…	Og	Saturated Fat	3g	Iron	1.5mg
Sugars	Og	Added Sugars	Og	Potassium	200mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

