



Mercado Spain - JosÃ© AndrÃ©s Selection
985671 - Sardines In Olive Oil

Selected delicious fresh small sardines packed carefully by hand. These sardines are meatier than any you have had before- the steak of the sea. Buen Provecho! High in omega 3 fatty acids, calcium, natural source of protein. Gluten free and wild caught.



Nutrition Facts

Servings per Container	1
Serving size	2.00Z (2oz)
Amount per serving	
Calories	131
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 24mg	8%
Sodium 360mg	16%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 13g	
Vitamin D 1.6mcg	8%
Calcium 445mg	34%
Iron 2mg	11%
Potassium 212mg	6%

* 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.

* Benefits

SARDINES IN OLIVE OIL

Ingredients

sardines, olive oil and salt

Allergens

Contains:



Free From:

- crustaceans
- eggs
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

refrigerated after open during 24 hrs
UNIT UPC: 855985004792

Serving Suggestions

Fire up the grill, make some pan con tomate, and crack open the tin. A delight

Prep & Cooking Suggestions

ready to eat

Product Specifications

Brand				Manufacturer		
Mercado Spain - JosÃ© AndrÃ©s Selection				Conservas del Noroeste		
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
855985004792	855985004792	985671	30855985004793		12/3 OZ	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
5lb	2.25lb	Spain	No			
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	4.45in	2.56in	0.08ft3	20x14	999days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	131	Total Fat	9g	Sodium	360mg
Protein	13	Trans Fats	0g	Calcium	445mg
Total Carbohydrates...	0g	Saturated Fat	1.5g	Iron	2mg
Sugars	0g	Added Sugars	0g	Potassium	212mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	24mg		
Vitamin A(IU)•		Vitamin D	1.6mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

