Nutrition Facts		Amount Per Serving	% Daily Value		Amount Per Serving	ing % Daily Value	
2 serving per container serving size 1/2 can 1.6 OZ (45g)		Total Fat	3.5g	5%	Total Carbohydrate	Og	0%
		Saturated Fat	0.6g	4%	Dietary Fiber	Og	0%
	•	Trans Fat	Og		Total Sugars	Og	
		Cholesterol	30mg	8%	Incl. Og Added Sugars O'		0%
Calories	75	Sodium	153mg	6%	Protein	11g	
per serving	75	Vitamin D 0% • Calcium 1% • Iron 3% • Potassium 22%					

Ingredients: Jack mackerel, Sunflower oil, Salt.

Contains: Mackerel (Fish).