

**Full Report (All Nutrients) 45040601, SARDINES, UPC: 070303022030**
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**Report Date: September 19, 2019 15:23 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer I. Epstein &amp; Sons, Inc.

Nutrient	Unit	Data points	Std. Error	0.333 cup 74g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	170	230
Protein	g	--	--	20.00	27.03
Total lipid (fat)	g	--	--	10.00	13.51
Carbohydrate, by difference	g	--	--	0.00	0.00
Fiber, total dietary	g	--	--	0.0	0.0
Sugars, total	g	--	--	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	--	--	60	81
Iron, Fe	mg	--	--	1.26	1.70
Potassium, K	mg	--	--	175	236
Sodium, Na	mg	--	--	300	405
<b>Vitamins</b>					
Vitamin D	IU	--	--	52	70
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	2.501	3.380
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	50	68

**Amino Acids**
**Other**
**Ingredients**

 SARDINES (FISH), OLIVE OIL, SALT. *Date Available:* 03/10/2018 *Date Last Updated by Company:* 03/10/2018