



The nutritional value of Sardines

Description

Sardines in Spring Water, 17 gms of protein, 1 g Omega-3, 13% daily vitamin D per serving.

Ingredients

Sardine fillets, Spring water

Nutrition Facts

Serving Size per 1 can drained (80 g)

Calories 130	% Daily Value*
Fat 7g	9 %
Saturated Fat 1g	5 %
+ Trans 0g	
Carbohydrate 1g	
Fibre 1g	4 %
Sugars 0g	0 %
Protein 16g	
Cholesterol 70mg	
Sodium 330mg	14 %
Potassium 100mg	2 %
Calcium 100mg	8 %
Iron 1mg	6 %

*5% or less is a little,

15% or more is a lot

Both fresh and canned sardines have health benefits and can help support the health of your heart, bones, and immune system. Plus, canned sardines contain close to 100% of the recommended daily intake of omega-3 fatty acids.