



Nutrition Facts

About 3.5 servings per container
Serving size **1/3 Cup (85g) drained**

Amount per serving
Calories 170

% Daily Value*

Total Fat 9g	12%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 330mg	14%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	

Vitamin D 4.8mcg **25%** • **Calcium** 270mg **20%**
Vit B12 0.8mcg **4%** • **Potassium** 210mg **4%**

*Percent Daily Values (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.

INGREDIENTS:
CHUB MACKEREL,
WATER, SALT,
CONTAINS:
CHUB MACKERE,
DISTRIBUTED BY
THE KROGER CO.,
CINCINNATI, OHIO
45202
PRODUCT OF
THAILAND

Genus Species
Scomber
Japonicus
Fishes/Catch
Area: PAC 31
Catch Method:
Purse Seine