



TUNA FLAKES

in Spring Water



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Sealord Tuna in spring water is a versatile flaky style tuna, the perfect base for spreads, salads and savoury meals.



Caught without the use of fish aggregating devices. Sealord is committed to Tuna sustainability.

For more information, go to sealord.com/environment

**WE GUARANTEE THE QUALITY OF OUR PRODUCTS.
CONTACT US WITH ANY QUESTIONS OR COMMENTS.**

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Product Code	103086
Description	Tuna Flakes in Spring Water
Pack Size	1kg
Case Weight	6kg Net
Case Size LxWxH	470 x 338 x 97mm
Case Barcode	19415022030863
Servings Per Case	60 (approx)
Servings Per Pack	10 (approx)
Serving Size	85g (approx. drained weight)

	Average Quantity per Serving	Average Quantity per 100g
Energy	415kJ	488kJ
Protein	22.3g	26.2g
Fat Total	0.8g	1g
Saturated	0.4g	0.5g
Trans	Less than 0.1g	Less than 0.1g
Polyunsaturated	0.2g	0.3g
Omega 3	0.2g	0.2g
EPA	32mg	38mg
DHA	167mg	197mg
Monounsaturated	0.2g	0.2g
Carbohydrate - Total	0.3g	0.4g
Sugars	0.1g	0.1g
Sodium	221mg	260mg
Ingredients	Tuna (85%), Spring Water, Salt.	
Allergen Statement	Contains fish.	
Storage guide	Cover and refrigerate after opening. Eat within 3 days.	

MADE IN THAILAND from local and imported ingredients.