

**Sustainably-fished
White Tuna Steaks
in Organic Olive Oil**

Ingredients: white tuna steaks (**fish**)
(70%), cold pressed olive oil (29%)*,
sea salt

(* from certified organic agriculture: 29%)
*Organic ingredients certified by CRAEGA
ES-ECO-022-GA

Allergy advice:
For allergens, see ingredients in **bold**

NUTRITION INFORMATION

Servings per package: 2
Serving size: 77g
(Drained weight)

	Per serving	Typical value per 100g (drained)
Energy :	680Kj /162Kcal	884Kj /211Kcal
Fat - Total :	8.7g	11.3g
of which saturates :	1.8g	2.2g
Carbohydrates :	less than 0.2g	less than 0.2g
of which sugars :	less than 0.1g	less than 0.1g
Protein:	20.7g	26.9g
Salt:	0.21g	0.28g
Sodium:	84mg	110mg
Omega 3:	1.2g	1.54g

Best before: see date on bottom of jar.
Once opened keep refrigerated and consume
within two days

220g Net weight

154g Drained weight

We only use traditional artisan
methods in our packaging and
only add 'clean' natural and
organic ingredients.

Enter the code on the base at
fish4ever.co.uk to trace this fish
back to the boats that caught it.



Made in Spain

Organico Realfoods, 3 City Limits, Reading
RG6 4UP, UK Tel: 00 44 118923 8760.
Imported in Australia by First Ray, Suite 173 / 137 Cardigan
St. Carlton, 3053 VIC. www.firstray.com.au



ES
12.00380/PO
CE



**Sustainably-fished
White Tuna Steaks
in Organic Olive Oil**

220g