

Produced in Portugal

5034210521913

NUTRITION INFORMATION		
Servings per package: 2		
Serving size: 56g (Drained weight)		
	Per serving	Typical value per 100g (drained)
Energy	225kJ/54kcal	402kJ/96kcal
Fat - Total	0.4g	0.7g
of which saturates	0.2g	0.4g
Carbohydrates	0g	0g
of which sugars	0g	0g
Protein	12.5g	22.3g
Salt	0.17g	0.30g
Sodium	67mg	120mg

Skipjack tuna flakes in spring water

Ingredients: Skipjack Tuna (70%), spring water, salt.

For allergens, see ingredients in bold

Contains fish

Net weight

160ge

Drained weight

112g

Skipjack tuna pole and line fished and packed in the Azores, Atlantic Ocean. Organico Realfoods, 3 City Limits, Reading, RG6 4UP, UK. Tel: 0118 923 8760 www.fish4ever.co.uk

Australia: First Ray, Suite 173 / 137 Cardigan St, Carlton, 3053 VIC Australia. www.firstray.com.au

Best before: see can

Once opened keep refrigerated and consume within 2 days.

PT

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CE

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

AZORES TUNA

FLAKES

in spring water 160g

- Local boats
- Pole and line
- 100% traceable