



Skipjack tuna fillets in spring water

Ingredients: Skipjack Tuna (70%), spring water (29%), salt.

Allergy advice: For allergens, see ingredients in bold Contains fish

Net weight **150g** e Drained weight **105g**

100% packed and fished in the Azores, Portugal. Organico Realfoods, Reading, RG6 4UP, UK. Tel: 0118 923 8760. www.fish4ever.eu. Australia: First Ray, Suite 173 / 137 Cardigan St, Carlton, 3053 VIC Australia. www.firstray.com.au

Best before: see lid. Once opened keep refrigerated and consume within 2 days. (Produced in Portugal)

NUTRITION INFORMATION		
Servings per package: 2		
Serving size: 52g (Drained weight)		
	Per serving	Typical value per 100g (drained)
Energy	222kJ/ 52kcal	427kJ/ 101kcal
Fat - Total	0.5g	1g
of which saturates	0.2g	0.3g
Carbohydrates	0g	0g
of which sugars	0g	0g
Protein	11.9g	23g
Salt	0.47g	0.9g
Sodium	187mg	360mg



Enter the code on the jar lid at
fish4ever.co.uk to trace your fish back
to the boats that caught it.