

# FISH4EVER TUNA STEAKS IN SPRING WATER

## SKIPJACK TUNA STEAKS IN SPRING WATER

Ingredients: Skipjack **Tuna** (70%),  
spring water (29%), salt (1%).

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

### 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

Net weight 160g e Drained weight 112g



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160g e



Skipjack tuna pole and line fished  
and packed in the Azores, Portugal  
for Organica Realfoods, 3 City  
Limits, Reading, RG6 4UP, UK.  
Tel: 0118 923 8760.  
[www.fish4ever.co.uk](http://www.fish4ever.co.uk)

Australia: First Ray, Suite 173 /  
137 Cardigan St, Carlton, 3053  
VIC Australia. [www.firstray.com.au](http://www.firstray.com.au)

SCAN THE QR CODE



Trace your fish back to the  
boats that caught it.

Produced in  
Portugal

BEST BEFORE END:



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