

FISH 4 EVER

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Sustainably-fished White Tuna  
fillets in Organic Olive Oil

FISH 4 EVER

Net weight: **120g** Drained weight: **90g** Best before see pack

Allergy advice: For allergens, see ingredients in bold

Ingredients: White tuna (75%), cold pressed olive oil (24%)\*, sea salt\*, from organic agriculture, certified by ORAEGA ES-ECO-022-GA (total percentage of organic ingredients 24%)

Trace your fish:

Enter the code at  
[www.fish4ever.co.uk](http://www.fish4ever.co.uk)

Our careful catch and pack approach sets the highest standard in quality and sustainability, bringing you 100% pole and line fished meaty White Tuna, caught by local small boats. We only use traditional artisan methods in our packaging and only add 'clean' natural and organic ingredients. Learn more about canned fish you can trust at [www.fish4ever.eu](http://www.fish4ever.eu)

## Sustainably-fished White Tuna Fillets in Organic Olive Oil

# Sustainably-fished White Tuna fillets in organic olive oil

Made in Spain



### NUTRITION INFORMATION

Servings per package: 7 - Serving size: 45g (drained weight)

	Per serving	Typical value per 100g (drained)
Energy	398kJ/94.9kcal	884kJ/211kcal
Fat - Total	5g	11.3g
of which saturates	less than 0.1g	2.3g
Carbohydrates	less than 0.05g	less than 0.2g
of which sugars	less than 0.05g	less than 0.1g
Protein	12g	26.8g
Salt	0.1g	0.25g
Sodium	45mg	100mg
Omega 3	0.67g	1.3g

Once opened, keep refrigerated and consume within two days.

Packed in Spain for Organic Realfoods,  
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