

Ingredients:

Pacific Albacore Tuna, sea salt

Nutrition Facts

Pacific Albacore Tuna with Sea Salt - 3 oz

Serving Size 3 oz., 85g

Number of servings: 1

Amount Per Serving

Calories 152 Calories from Fat 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 48mg 16%

Sodium 160mg 7%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 24g

Contains 2600mg of omega-3 fatty acids per serving.

EPA: 520mg

DHA: 1970mg

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.