636306 - STARKIST 48/50Z CHUNK LIGHT TUNA IN WATER

StarKist® Chunk Light Tuna in Water can features wild caught tuna with a naturally mild flavor people have come to expect from StarKist®. Try this in cool tuna salads and hot casseroles - StarKist® makes it easy to incorporate seafood into your lifestyle. With 90 calories and 20g of protein per can, this nutrient dense tuna can works well with Mediterranean, Weight Watchers, K...



MARKETING



Nutrition Facts 2 Servings per container

Serving Size 2oz drained (56g - about 1/4 cup)

Amount Per Serving Calories

	% Daily Value
Total Fat 0.5	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 20 mg	6%
Sodium 180 mg	8%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 10 g	
Vitamin D	8%
Calcium	0%
Iron	49
Potassium 100 mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

PRODUCT S	PEC	IFICA	TIONS								Q
Code	Dist Prod Code				GTIN				Calculated Pack		
006730	636306				10080000006735 48 x 5 OZ			x 5 OZ			
Brand	Brand Owner			r	GPC Description						
STARKIST	T Starkist Seafood		t	Fish - Prepared/Processed (Shelf Stable)							
Gross Weig	eight Net Weight Case/0		/Catch	Weight Country Of Orig		rigin	Kosher	Child Nutrition			
18.64 LBR		15 LBR		No		AS, EC			Undeclared	No	
Shipping											
Length	٧	Width Heigl		ght	Volume		TIxHI	Shelf L	nelf Life Storage		Temp From/To
13.875 INH	10.	375 INH	NH 5.312 INH 7		764.67	9 INQ	14x8	14x8 1440 Days		30 FAH / 110 FAH	
Traceability Regulation											
Regulation Type Regulatory		Tra	Trade Item Regulation			Re	Regulation Restrictions and				
Code		Ac	ct		Compliant		Descriptors				
N/A N/A			N/A			N/A					

HANDLING SUGGESTIONS

Ambient



ALLERGENS



C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

Milk - N

(Peanuts - N

(()) Eggs - N

Tree - N

Soybean - C

(SO) Fish - C

(Wheat - N

Shellfish - NI

(%) Sesame - N

(!) Crustaceans - N

INGREDIENTS

INGREDIENTS: LIGHT TUNA, WATER, VEGETABLE BROTH, SALT.

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PREPARATION & COOKING SUGGESTIONS



SERVING SUGGESTIONS



MORE INFORMATION



As Drained

NUTRITIONAL ANALYSIS



Calories	45
Protein	10 g
Total Carbohydrates	0 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0.5
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	20 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	180 mg
Calcium	
Iron	
Potassium	100 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



MORE IMAGES





