

Nutrition Facts

4 servings per container

Serving size

1 tuna boat

Amount Per Serving

Calories

250

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0.557g **3%**

Trans Fat 0.014g

Polyunsaturated Fat 1.413g

Monounsaturated Fat 2.43g

Cholesterol 20mg **6%**

Sodium 660mg **29%**

Total Carbohydrate 28g **10%**

Dietary Fiber 8g **27%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 26g **51%**

Vitamin D 2.58mcg **15%**

Calcium 115mg **8%**

Iron 4.624mg **25%**

Potassium 868mg **20%**

*The % Daily Value (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.