

Nutrition Facts

4 servings per container

Serving size 1/2 tuna mixture and
1 whole grain option

Amount Per Serving

Calories

180

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.418g **2%**

Trans Fat 0.004g

Polyunsaturated Fat 0.822g

Monounsaturated Fat 0.377g

Cholesterol 10mg **3%**

Sodium 190mg **8%**

Total Carbohydrate 26g **9%**

Dietary Fiber 4g **14%**

Total Sugars 11g

Includes 5g Added Sugars **10%**

Sugar Alcohol 0g

Protein 14g **28%**

Vitamin D 1.459mcg **8%**

Calcium 71mg **6%**

Iron 1.496mg **8%**

Potassium 245mg **6%**

*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.