

Premium Chunk White Albacore Tuna

Nutrition Facts			
Serving Size 1/4 cup Drained (56g)			
Servings Per Container about 23			
Amount Per Serving			
Calories 70		Calories from Fat 10	
% Daily Value*			
Total Fat 1g 2%			
Saturated Fat 0g 0%			
Trans Fat 0g			
Cholesterol 30mg 10%			
Sodium 190mg 8%			
Total Carb. 0g 0%			
Dietary Fiber 0g 0%			
Sugars 0g			
Protein 15g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs*			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4