

Albacore Tuna



SEAFOOD

Nutrition Facts / Datos de Nutrición

Serv. Size: 1/2 cup (56g) / Tamaño por Ración:
1/2 taza (56g). Servings per Container about 24
Raciones por Envase: 24 aprox.

Amount per Serving / Cantidad por Ración

Calories / Calorías 50
Calories from Fat / Calorías de Grasa 0
% Daily Value* / % Valor diario*
Total Fat / Grasa Total 0g 0%
Saturated Fat / Grasa Saturada 0g 0%
Trans Fat / Grasa Trans 0g 1%
Cholesterol / Colesterol 3mg 5%
Sodium / Sodio 130mg 0%
Total Carbohydrate / Carboh. Total 1mg 0%
Dietary Fiber / Fibra dietética 0g
Sugars / Azúcares 0g
Protein / Proteínas 13g
Vitamin / Vitamina A 0% Iron / Hierro 4%
Vitamin / Vitamina C 0% Calcium / Calcio 0%

(*) Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs. Los porcentajes de Valores diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser menores o mayores dependiendo de sus necesidades calóricas:

Calories / Calorías	2000	2500
Total Fat / Grasa Total	Less than/Menos de 65g	80g
Sat. fat / Grasa Saturada	Less than/Menos de 20g	25g
Cholesterol / Colesterol	Less than/Menos de 300mg	300mg
Sodium / Sodio	Less than/Menos de 2400mg	2400mg
Total Carbohydrate / Carbohidrato	300g	375g
Dietary Fiber / Fibra Dietética	25g	30g

Calories per gram / Calorías por gramo:
Fat/Grasa 9 • Carbohydrate/Carbohidrato 4 • Protein/Proteínas 4

Product:

Product Description:

ALBACORE TUNA

SOLID SINGLE LAYER

ALBACORE TUNA IN WATER

MONACO

Albacore Tuna, Water and Salt

Indonesia - Thailand

FIS-TUN-001

6 x 66.5 Oz

66.5 Oz

Gross Weight: 30 Lb / Case

Net Weight: 25 Lb / Case

Length: 12"

Width: 18"

Height: 5"

UPC#: 856840001420

Vendor Ti/Hi:

8/80

Temp. Zone:

Room Temperature

Shelf Life:

3 Years



Benefits:

High-fat and rich in omega-3 fatty acids, the albacore has the lightest flesh (white with a hint of pink) and is the only tuna with meat that can be called "white" in the U.S. (it is called "white tuna" at sushi bars). Its prized white flesh and mild (some say dry) flavor make it the most high valued expensive canned tuna, with comparisons to chicken.

Additional Information:

Enjoy our Albacore solid loin atop a salad or as a component in a Seafood Antipasto Platter and experience the fresh tuna flavor that is the true signature of Monaco Foods Premium Quality.