



DUET

086207 - Tuna White Solid In Water

Most expensive of all the species. It is preferred due to it's white meat, firm texture, and a mild flavor. It delivers more than three times the omega-3s compared to light tuna.

- high in omega 3s
- lower in fat and cholesterol
- high in protein
- ultimate on-the-go-food for many in the health conscious circles.



Nutrition Facts

Servings per Container
Serving size 3ozdrained(85g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 210mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 22g	
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 208mg	4%

* 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.

* Benefits

- "high in omega 3s
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Ingredients

⚠ Allergens

Contains:



Handling Suggestions

Store in a cool dry place. Refrigerate after opening

Serving Suggestions

Use in salads, appetizers, spreads, dips, sandwiches, and casseroles.

Prep & Cooking Suggestions

Open and serve

📄 Product Specifications

Brand	Manufacturer	Product Category
DUET	REMA FOODS	Sauces, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
29565DUT	086207	10719303295651	6	6/66.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
58.2lb	29.1lb	THA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.5in	12.4in	4.5in	0.6ft3	8x3	0DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	100	Total Fat	1g	Sodium	210mg
Protein	22	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	208mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(IU)	0	Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

