



Chicken of the Sea  
81800000 - Cos Sld Wh Wtr 6/66.5

Wild-Caught Solid White Albacore Tuna in Water; An all American classic with a mild flavor; The perfect versatile protein for a variety of recipes; Naturally 99% Fat Free and High in Protein; High in heart healthy Omega-3's, Traceable from Ocean to Plate; Kosher



Nutrition Facts

Servings per Container 25  
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

About 16 servings per container  
High in Protein  
Low in Fat  
High in Omega 3  
Ready to eat  
Wild caught

Ingredients

Solid White Tuna, Water, Vegetable Broth (CONTAINS SOY), Salt, Pyrophosphate.

⚠ Allergens

Contains:



Handling Suggestions

Store in a cool dry place

Serving Suggestions

Versatile protein, Albacore tuna is great as part of an appetizer, salad, pasta, pizza, sandwich, wrap or many other recipes. For recipe ideas visit chickenofthesea.com

Prep & Cooking Suggestions

Ready to eat

✍ Product Specifications

Brand	Manufacturer
Chicken of the Sea	CHICKEN OF THE SEA INT

MFG #	SPC #	GTIN	Pack	Pack Desc.
10048000005899	81800000	10048000005899	1	1 / cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
29.1lb	24.96lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.6in	12.6in	4.6in	0.62ft3	8x9	1095DAYS	60°F / 90°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	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(IU)•		Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



Amount/Amount		% Daily Value		Amount/Amount		% Daily Value	
Total Fat 1g		1%		Sodium 210mg		9%	
Saturated Fat 0g		0%		Total Carbohydrate 0g		0%	
Trans Fat 0g		0%		Dietary Fiber 0g		0%	
Polyunsaturated Fat 0g		0%		Total Sugars 0g		0%	
Monounsaturated Fat 0g		0%		Includes 0g Added Sugars		0%	
Cholesterol 40mg		10%		Protein 22g		45%	
Calories per serving 100		20%		Vitamin D 2mcg 10%		20%	
						Calcium 0mg 0%	
						Iron 1mg 2%	
						Potassium 208mg 4%	

INGREDIENTS: SOLID WHITE TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT, PYROPHOSPHATE.  
PRODUCT MAY CONTAIN BONES

