

Nutrition Facts

Tuna

Serving size (100g)

Amount Per Serving

Calories

140

www.ihcare.ae % Daily Value*

Total Fat 5g	6%
Saturated Fat 1.3g	7%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 1.08mg	6%
Potassium 329mg	8%
Vitamin A	45%
Vitamin E	4%
Thiamin	15%
Riboflavin	15%
Niacin	45%
Vitamin B6	25%
Vitamin B12	160%
Pantothenic Acid	10%
Phosphorus	25%
Magnesium	10%
Zinc	4%
Selenium	50%
Copper	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.