

## John West On the Go French Tuna Pasta Salad 220g

### Ingredients

Skipjack TUNA (18%), Potatoes (15%), Sweetcorn (13%), Onions, Pasta (12%) (Water, WHEAT Flour, EGG White Powder), Green Beans (8%), Red Peppers (8%), White Wine Vinegar, Rapeseed Oil, Whole Grain MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), Water, Modified Maize Starch, Sugar, Salt, Thickener: Guar Gum, MUSTARD Flour, Natural MUSTARD Flavouring, White Pepper

### Allergens

**CONTAINS: EGGS, FISH, MUSTARD, WHEAT**  
Dolphin friendly

### Nutrition

	Per 100g	Per Pack
Energy Values	415 (KJ) / 99 (Kcal)	913 (KJ) / 218 (Kcal)
Fat	2.9g	6.4g
(of which Saturates)	0.3g	0.7g
Carbohydrate	9.8g	22g
(of which Sugars)	2.4g	5.3g
Fibre	1.9g	4.2g
Protein	7.4g	16g
Sodium		
Salt	0.8g	1.8g
Salt Equivalent		

### Product Description

Brand: John West  
EAN: 5000171050434  
Tuna with Potatoes, Sweetcorn, Pasta, Green Beans and Red Peppers  
Drizzled with a French Salad Dressing.

### Storage & Usage

Storage: Ambient

Storage Type: Store at room temperature in a cool, dry place and out of direct sunlight. After opening, any unused product should be covered, refrigerated and consumed within 48 hours.  
For Best Before End and Ocean of Catch: See Below

### Manufacturer Address

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UK.

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