

John West On the Go Honey & Ginger Super Tuna Salad 220g

Ingredients

Lentils (23%), Skipjack Tuna (FISH) (18%), Yellow Carrots (12%), Chickpeas (8%), Red Peppers (8%), Onions (8%), Rapeseed Oil, Ginger (2.7%), Sugar, Wild Rice, Honey (1.9%), Spirit Vinegar, Salt, Modified Corn Starch, Lime Juice, Garlic, Coriander Leaf, Black Pepper, Thickener: Guar Gum, Natural Flavouring

Allergens

CONTAINS: FISH

MAY CONTAIN: CELERY, EGGS, MILK, MUSTARD

Dolphin friendly

Gluten free

Nutrition

	Per 100g	Per Pack
Energy Values	565 (KJ) / 134 (Kcal)	1243 (KJ) / 295 (Kcal)
Fat	3.1g	6.8g
(of which Saturates)	0.3g	0.7g
Carbohydrate	15g	33g
(of which Sugars)	5.2g	11g
Fibre	3.2g	7g
Protein	10g	22g
Sodium		
Salt	0.9g	2g
Salt Equivalent		

Product Description

Brand: John West

EAN: 5000171060075

Tuna Salad with Lentils, Carrots, Chickpeas, Red Peppers with a Honey Ginger 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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