

John West On the Go Mexican Tuna Bean Salad 220g

Ingredients

Red Kidney Beans (18%), Skipjack TUNA (18%), Red Peppers (15%), Sweetcorn (13%), White Beans (10%), Onions, Water, Rapeseed Oil, Concentrated Tomato Puree (3%), Sugar, Salt, Concentrated Lemon Juice, Spirit Vinegar, Modified Maize Starch, Vegetable Stock (Vegetable Extracts (Carrots, Onions, Leeks), Water, Salt, Spice), Thickener: Guar Gum, Spices, Natural Flavouring, Spices Extracts

Allergens

CONTAINS: FISH

MAY CONTAIN: CELERY, EGGS, MILK, MUSTARD

Dolphin friendly

Gluten free

Nutrition

	Per 100g	Per Pack
Energy Values	483 (KJ) / 115 (Kcal)	1063 (KJ) / 252 (Kcal)
Fat	2.2g	4.8g
(of which Saturates)	0.3g	0.7g
Carbohydrate	13g	29g
(of which Sugars)	2.7g	5.9g
Fibre	2g	4.4g
Protein	9.7g	21g
Sodium		
Salt	0.8g	1.8g
Salt Equivalent		

Product Description

Brand: John West

EAN: 5000171054456

Tuna in a Spiced Tomato Dressing with Mixed Beans, Sweetcorn and Red Peppers.

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.

Manufacturer Address

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