

Seasoned Ahi Tuna Steaks



Nutrition Facts

Serving Size: 4.5 oz. (128g/1 piece)
 Servings per Container: 2

Amount per Serving		
Calories 240	Calories from Fat 130	
		% Daily Value*
Total Fat	14g	22%
Saturated Fat	1g	6%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	840mg	35%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	24g	

Vitamin A 4% • Vitamin C 2% • Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4