



# Albacore Tuna

Mild, Rich Taste

Low in Fat & Sodium

Ocean Wise™ Approved Sustainable

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Best known as “white meat” tuna, Toppits Albacore Tuna is wild caught and Ocean Wise™ Approved Sustainable. Perfect for grilling or searing steaks, this mild, rich tasting fish has a firm texture with large, moist flakes. An excellent source of protein, it is also low in fat and sodium, making it a healthy alternative across applications. Off-white in colour after cooking, Toppits Albacore Tuna offers a unique and appealing plate presentation!



## Features & Benefits

- Great for grilling - cooks quickly, saving both time and labour
- Unique off-white coloured fish offers a visually appealing plate presentation
- Excellent source of protein & source of iron
- Low in fat, low in saturated fatty acids & low in sodium

### Nutrition Facts Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 110	
<b>Fat / Lipides</b> 1 g	2 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
<b>Cholesterol / Cholestérol</b> 45 mg	
<b>Sodium / Sodium</b> 35 mg	1 %
<b>Carbohydrate / Glucides</b> 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 23 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Item	Description	Brand	Origin	Pack	SCC
TUNA12P10	Albacore Tuna Loins 1-2 lb VP (Skinless/Boneless)	Toppits	China/Canada	1/10 lb	20068689106790



Recommended by the Vancouver Aquarium as ocean-friendly.

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