



Canned Tonggol Tuna

(*Thunnus tonggol*)

Our Tungol tuna is made of a clean and light meat, it is a popular alternative to albacore, the more commonly known species of tuna.



FEATURES/BENEFITS

- Chunk light tuna in water.
- Mild and delicate taste.
- It is lower in fat and cholesterol than beef or chicken.
- Conveniently chopped into chunks so you can start preparing your most popular recipes.

APPLICATIONS

Use tuna to top signature salads or prepare classic recipes like tuna melts, tuna salad sandwiches, and tuna casseroles.

HANDLING/PREPARATION

STORAGE: Store in a cool dry place.

COOKING SUGGESTIONS

Ready to use.

NUTRITION FACTS:

Serving Size 1/3 Cup (58g), Calories 80, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 10mg, Sodium 115mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 18g, Vitamin D 2mcg, Calcium 7mg, Iron 0mg, Potassium 230mg.



COUNTRY OF ORIGIN: Indonesia



IPM selects only the finest quality suppliers in the world to pack our product. Continual inspection and selection during process ensures that you receive a premium product.

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