

51737 | Arctic Royal | 10-153-207

Tuna Loin Supreme 153-207g

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Description

Brand Name	Arctic Royal
Country of Origin	Caught in Pacific Ocean and packed in Vietnam

Ingredients

Ingredients	Yellowfin Tuna (Thunnus albacares) (Fish)
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	10
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	397 kJ
Energy (Kilocalories)	95 kcal
Fat, Total	0.4 g
Saturated	0.1 g
Carbohydrate	0.1 g
Sugars	0 g
Dietary Fibre, Total	3.5 g
Protein, Total	21 g
Salt	1.3 g
Sodium	520 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Contains
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	No
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	N/A
Reconstitution Instructions	Not applicable
Oven	Defrost thoroughly in a refrigerator before use. Preheat an oven to 200°C (Fan 180°C, Gas Mark 6). Season the loin portions with fresh salt and pepper and a little oil then wrap in foil and bake for around 10-15 minutes
Oven From Frozen	N/A
Microwave Instructions	Defrost thoroughly in a refrigerator before use. Season the loin portions with fresh salt and pepper or herbs and grill under a medium heat for 2-4 minutes on each side.
Fry	N/A Defrost thoroughly in a refrigerator before use. Season the loin portions with fresh salt and pepper or herbs and fry in a little oil over a medium heat for 2-4 minutes on each side. N/A
Grill	N/A
Other	N/A Defrost thoroughly in a refrigerator before use. Season the loin portions with fresh salt and pepper or herbs and fry in a little oil over a medium heat for 2-4 minutes on each side. N/A

Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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