

To open pouch,
tear at the notch



StarKist® Premium chunk light

® PAREVE



≡ TUNA IN WATER ≡

Nutrition Facts

Serving Size: 2oz
(56g-about 1/4 cup)
Servings Per Container: 3.5

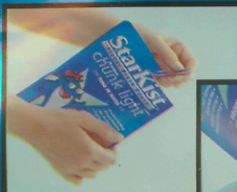
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 25mg	8%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Fiber <1g	2%
Sugars <1g	
Protein 14g	28%

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%
Niacin	20%	Vitamin B-6	8%
Vitamin B-12	20%	Phosphorus	8%

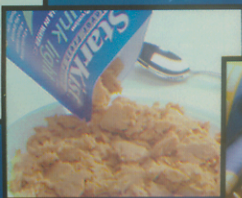
*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: LIGHT TUNA, WATER, VEGETABLE BROTH (contains Soy), SALT.

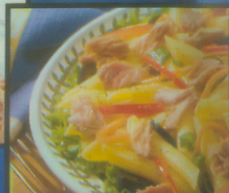
Save Time & Eliminate Mess.



Easy, tear open package, no can opener needed.



No draining needed, just empty and use.



Tuna maintains its firm texture and fresh taste.



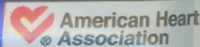
Charlie's Tuna Crescent Pie

Ingredients:

- 1 (7-oz.) pouch StarKist® Tuna
- 2 (10-oz) packages refrigerated crescent rolls
- 1 cup low-fat cottage cheese
- 1/4 cup small diced red bell peppers
- 3/4 cup Italian blend shredded cheese
- 1 tsp. Italian seasonings
- Spaghetti sauce - optional

Directions: Mix tuna, peppers, cheese and herbs. Press one package of dough into the bottom of a 9-inch pan, pinch together the seams. Top with tuna mix. Top with remaining dough and crimp edges. Bake at 350°F for 20 minutes or until golden brown. Serve with heated spaghetti sauce. Serves 4-6.

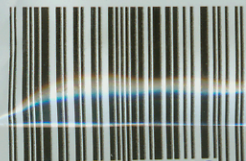
Questions or Comments? Call 1-800-252-1587
For information and more recipes:
www.starkist.com



Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

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