

JCC CAMPS AT MEDFORD
NUTRITIONAL INFORMATION –TUNA FISH (LIGHT)

TUNA FISH

Nutrition Facts

Serving Size: ¼ CUP
Calories: 60
Calories from Fat: 5
Total Fat: .5g
Saturated Fat: 0g
Transfat: 0g
Cholesterol: 30mg
Sodium: 310mg
Total Carbohydrate: 0g
Dietary Fiber: 0g
Sugars: 0g
Protein: 13g

Ingredients: Tuna water, vegetable broth and salt

Contains: Tuna Fish, Soy

MAYONNAISE – Lite Eden Mayonnaise

Nutrition Facts

Serving Size: 1 Tablespoon
Calories: 60
Calories from Fat: 55
Total Fat: 6g
Saturated Fat: 1g
Transfat: 0g
Cholesterol: 5mg
Sodium: 115mg
Total Carbohydrate: 0g
Dietary Fiber: 0g
Sugars: 0g
Protein: 0g

Ingredients: Soybean oil, water, eggs, sugar, salt, acetic acid, mustard flour, xanthum gum, potassium sorbate, EDTA

MAYONNAISE – Regular Eden Mayonnaise

Nutrition Facts

Serving Size: 1 Tablespoon
Calories: 100
Calories from Fat: 100
Total Fat: 11g
Saturated Fat: 1.5g
Transfat: 0g
Cholesterol: 5mg
Sodium: 80mg
Total Carbohydrate: 0g
Dietary Fiber: 0g
Sugars: 0g
Protein: 0g

Ingredients: Soybean oil, water, eggs, sugar, salt, acetic acid, mustard flour, xanthum gum, EDTA