



# **ManarThon**

**CANNING FACTORY OF TUNA AND SARDINES**



**ALWAYS THE BEST...**





**ManarThon**  
CANNING FACTORY OF TUNA AND SARDINES

# Tuna & Sardine Cannery Fishmeal Factory

Founded in 1983 by **Rached Horchani**, the key-objective of **ManarThon** cannery was the production of fish canned products and the valuation of Seafood by products. With an ultra-modern factory of 13000 m<sup>2</sup> located near the port of Zarzis in the South of Tunisia, a total renovation of **ManarThon** occurred in 2005, in order to meet international standards. Its processing capacity is about 60 tons/day.

**ManarThon** is employing more than 600 people, has today 3 main lines of activities:

**TUNA CANNERY    SARDINES CANNERY    FISHMEAL**

**ManarThon** exports its brand and its products on the various continents. Exports have developed exponentially.

An uncontested Leader:

- Over with 40 years of seafood industry experience combined with the traditional Mediterranean know-how.
  - Broad and diverse range of tuna and sardines appropriate to consumers' needs and wants.
  - Efficient manufacturing process and perfect control of products traceability.
  - Minded choice of raw material that must guarantee food quality and security
- Top quality and development of Mediterranean traditional recipes.



# Food Accreditations

The processing unit is also fitted with a laboratory for physiochemical and bacteriological analyses and control, and equipped with all the necessary machines needed to control quality and check the products at all stages of processing. Thanks to the various processes used within the processing unit, being certified ISO 9001, ISO 22 000

Superior taste Award 2011, 2014, 2017 and 2019 the strict taste quality control at all stages of production remains our first and ultimate objective.



**ManarThon** follows precisely the most stringent international hygienic regulations for food processing. All the production stages remain under control and fulfill high standards required by International certification organizations. Ensuring complete traceability remains our priority.





# About ManarThon



600 employees



A 13000 m<sup>2</sup> covered ultra modern factory located near the port of Zarzis, Tunisia – which came into production in 2005.



Processing daily capacity :  
60 tons/day  
(50T/ Tuna & 10T/Sardina)



Freezing capacity :  
Cold room(0°C) : 5 T  
Storing room (-18°C) : 3500 T  
Freezing tunnel : 8 T / 8-hour cycle



Diverse range of approximately  
50 fish canned products:  
Tuna  
Sardines



Re-using by-products  
to produce FISHMEAL



A position of leader  
on the Tunisian Market



Share capital:  
6.903.000 DT

## Export Countries

FRANCE  
GERMANY  
BELGIUM  
ITALY  
POLAND  
MONTENEGRO  
KOSOVO  
ALBANIA  
MACEDONIA

JAPAN  
SAUDI ARABIA  
UNITED ARAB EMIRATES  
QATAR

CANADA  
USA  
DOMINICAN REP.

LIBYA  
GUINEA-  
EQUATORIAL  
MOROCCO  
BURUNDI





# Exhibitions

Cologne (Germany)

**Anuga**



Paris (France)

**Sial**



Barcelone (Spain)

**Seafood**



Barcelona (Spain)

**Alimentaria**



Dubai (UAE)

**Gulfood**



New York (USA)

**Fancy Food**





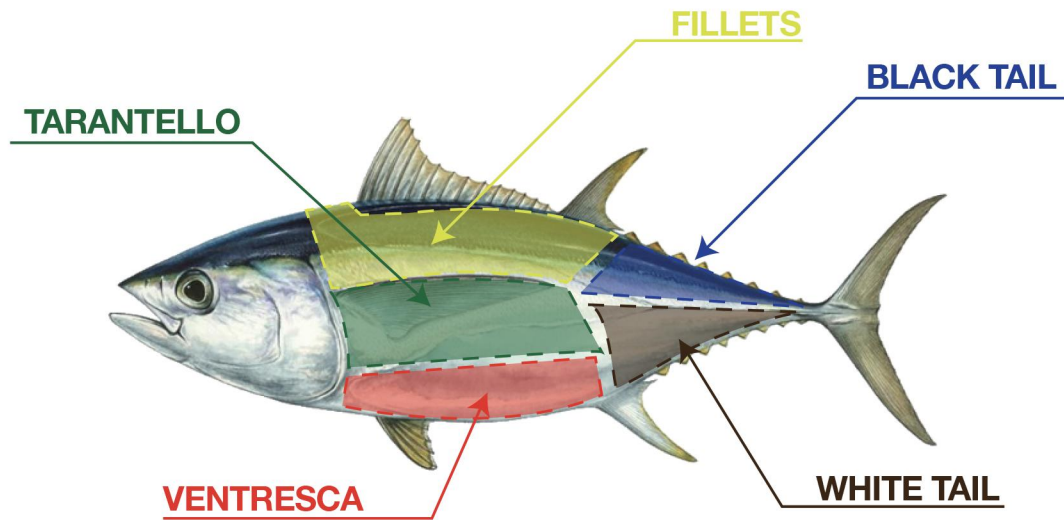
# Private Label Products

Thanks to its strategy of giving priority to quality products and consumers' safety **ManarThon** gained the trust of the worldwide known top distributors. **ManarThon** produces for distributors' private labels (DPL) that are our favored partners and amongst who trusted us, we include:





# The Parts of Tuna



## Types of Tuna presentation



**TUNA  
FLAKES**



**TUNA  
CHUNKS**



**SOLID  
TUNA**



**TUNA  
FILLETS**



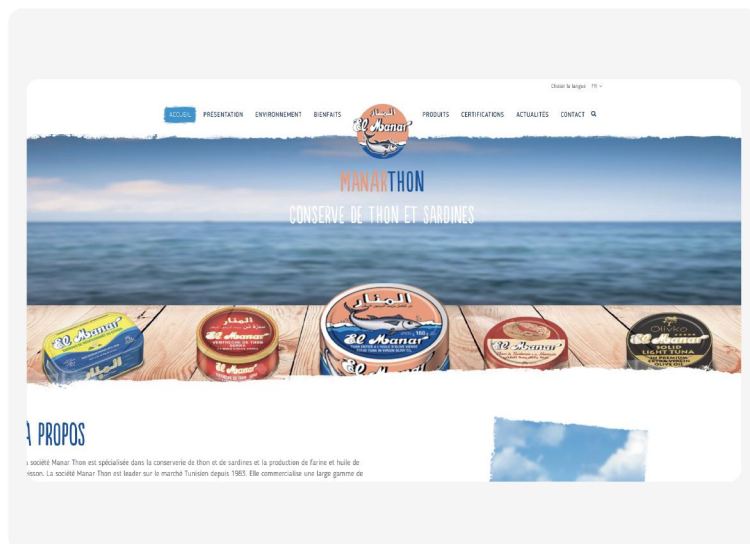
# ManarThon Communication



Scan  
To see our video



VISIT VIDEO



Scan  
To see our website



VISIT OUR  
WEBSITE

[www.manarthon.com](http://www.manarthon.com)



Scan  
To see our Facebook  
page



VISIT OUR  
FACEBOOK PAGE

Manar Thon



**ManarThon**  
CANNING FACTORY OF TUNA AND SARDINES

## Product Catalog Tuna & Sardines

**Tuna in Virgin  
Olive Oil**



**Tuna in  
Vegetable Oil**



**Tuna Chunks in  
Vegetable Oil**



**Tuna  
Ventresca**



**Tuna Flakes  
with Harissa**



**Chunk Light  
Tuna in Tomato  
Sauce**



**Tuna in  
Spring Water**



**Tuna Fillets**



**Mediterranean  
Sardines**





# Logistics

70g



**UNITS BOX:** 48  
**CARTON DIM.:** 290x220x120  
**BOX-PALLET:** 90 Box

85g



**UNITS BOX:** 48  
**CARTON DIM.:** 305x228x105  
**BOX-PALLET:** 169

140g



**UNITS BOX:** 48  
**CARTON DIM.:** 360x270x127  
**BOX-PALLET:** 90 Box

160g



**UNITS BOX:** 48  
**CARTON DIM.:** 360x270x156  
**BOX-PALLET:** 90 Box

400g



**UNITS BOX:** 24  
**CARTON DIM.:** 428x325x125  
**BOX-PALLET:** 78 Box

700g



**UNITS BOX:** 12  
**CARTON DIM.:** 490x325x105  
**BOX-PALLET:** 75 Box

800g



**UNITS BOX:** 12  
**CARTON DIM.:** 418 x 310 x115  
**BOX-PALLET:** 72 Box

1kg



**UNITS BOX:** 12  
**CARTON DIM.:** 490x325x130  
**BOX-PALLET:** 60 Box

2kg



**UNITS BOX:** 6  
**CARTON DIM.:** 490x325x128  
**BOX-PALLET:** 60 Box

3x160g



**UNITS BOX:** 40 Packs of 3  
**CARTON DIM.:** 440x350x210  
**BOX-PALLET:** 35 Box

3x85g



**UNITS BOX:** 20 Packs of 3  
**CARTON DIM.:** 140x340x230  
**BOX-PALLET:** 121 Box

2x160g



**UNITS BOX:** 24 Packs of 2  
**CARTON DIM.:** 160x360x270  
**BOX-PALLET:** 90 Box

125g



**UNITS BOX:** 25  
**CARTON DIM.:** 317x149x114  
**BOX-PALLET:** 204 Box

125g



**UNITS BOX:** 50  
**CARTON DIM.:** 315x215x128  
**BOX-PALLET:** 220 Box

200g



**UNITS BOX:** 20  
**CARTON DIM.:** 350x280x90  
**BOX-PALLET:** 108 Box

300g



**UNITS BOX:** 20  
**CARTON DIM.:** 385x308x110  
**BOX-PALLET:** 72 Box



# Tuna in Virgin Olive Oil

ManarThon offers for its consumers a high-quality product with nutrient-rich tuna, tinned in the purest Tunisian virgin olive oil. Its distinctive flavor comes from a perfect seasoning in a prized virgin olive oil obtained from the cold pressing of the best Tunisian olives, growing under the golden sun. A pleasant aroma of oil and a thin texture of tuna are guaranteed and available in several convenient sizes to compliment any kind of recipe. The whole range of Manar Thon Solid Tuna in virgin olive oil, has obtained, three times, the superior Quality Award (2011, 2014 and 2017) from the international Taste and Quality Institute ITQI of Brussels.





## Ingredients

Tuna • Virgin olive oil • Salt

## Conservation Tips

- Keep in a cool and dry place.
- After opening, refrigerate the product covered with oil for less than 48h.

## Nutrition Facts

### Average nutritional values 100 g

Energy	339 kcal /1418 KJ
Fat	27 g
Saturated fatty acids	5.3 g
Carbohydrate of Wich sugars	0 g 0 g
Proteins	24 g
Salt	1.1 g

## Accreditations



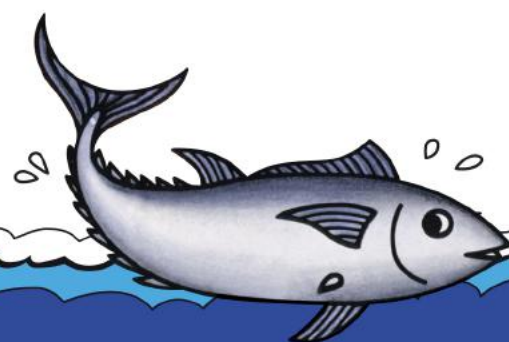
## Nutri-score



Scientific studies show that the Nutri-Score is the most understandable form of nutritional labelling. It helps consumers to make more transparent and healthier purchasing decisions.

## Available Weight

70g - 85g - 160 g - 255 g (85g x3)  
320g (160 g x2) - 480g (160 x3)  
400g - 700g - 1 kg - 2,050 kg





**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 70 g  
**PAKING:** 48 cans



**Tuna Flakes**  
in Virgin Olive Oil

**NET WT:** 85 g  
**PAKING:** 48 cans



**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 160 g  
**PAKING:** 48 cans



**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 400 g  
**PAKING:** 24 cans



**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 700 g  
**PAKING:** 12 cans



**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 800 g  
**PAKING:** 12 cans



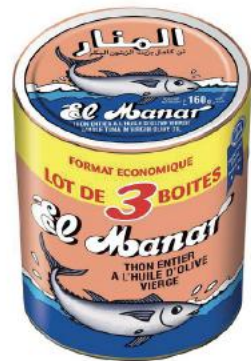
**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 1 kg  
**PAKING:** 12 cans



**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 2,050 g  
**PAKING:** 6 cans



**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 480 g (160g x 3)  
**PAKING:** 40 Pack of 3



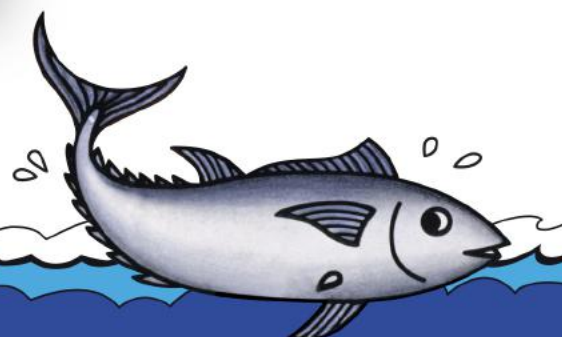
**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 320 g (160g x 2)  
**PAKING:** 24 Pack of 2



**Solid Tuna**  
in Virgin Olive Oil

**NET WT:** 255 g (85g x 3)  
**PAKING:** 20 Pack of 3





# Tuna in Sunflower Oil

This Tuna canned in Sunflower oil, is light and chunky with limited fat content, which makes it perfect for daily use. The unsaturated fats contained in tuna packed in Sunflower oil may help lower cholesterol and reduce the risk of heart disease. Choosing this tuna allows consumer to target the right flavor, the best texture and the optimum nutrient profile.



## Ingredients

Tuna • Sunflower oil • Salt

## Conservation Tips

- Keep in a cool and dry place.
- After opening, refrigerate the product covered with oil for less than 48h.

## Nutrition Facts

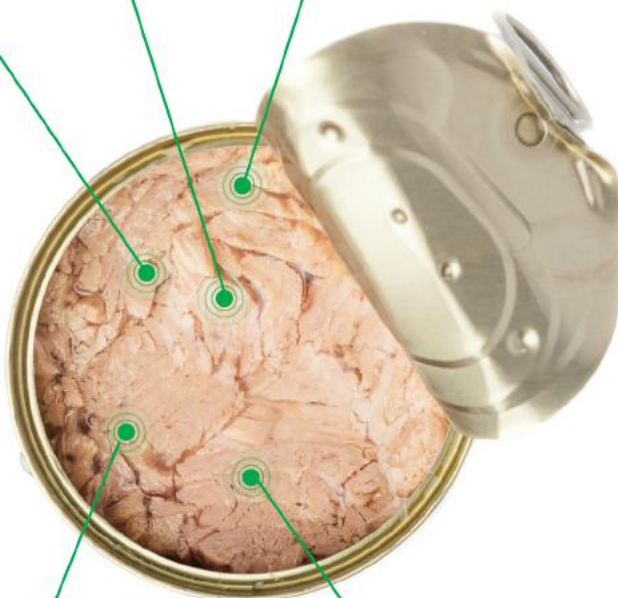
### Average nutritional values 100 g

Energy	182 kcal / 761 KJ
Fat	16.14 g
Saturated fatty acids	3.34g
Carbohydrate	0 g
of Wich sugars	0 g
Proteins	16 g
Salt	1.3 g

## Nutri-score

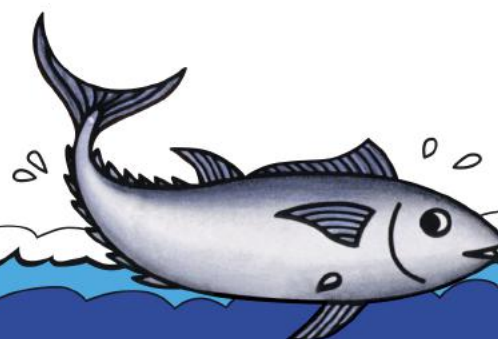


Scientific studies show that the Nutri-Score is the most understandable form of nutritional labelling. It helps consumers to make more transparent and healthier purchasing decisions.



## Available Weight

70g - 85g - 160 g - 400g - 480g  
700g - 800g - 1 kg - 2,050 kg







**Solid Tuna**  
in Sunflower oil

**NET WT:** 70 g  
**PAKING:** 48 cans



**Tuna Flakes**  
in Sunflower oil

**NET WT:** 85 g  
**PAKING:** 48 cans



**Solid Tuna**  
in Sunflower oil

**NET WT:** 160 g  
**PAKING:** 48 cans



**Solid Tuna**  
in Sunflower oil

**NET WT:** 400 g  
**PAKING:** 24 cans



**Solid Tuna**  
in Sunflower oil

**NET WT:** 700 g  
**PAKING:** 12 cans



**Solid Tuna**  
in Sunflower oil

**NET WT:** 800 g  
**PAKING:** 12 cans



**Solid Tuna**  
in Sunflower oil

**NET WT:** 1 kg  
**PAKING:** 12 cans



**Solid Tuna**  
in Sunflower oil

**NET WT:** 2,050 kg  
**PAKING:** 6 cans



**Solid Tuna**  
in Sunflower oil

**NET WT:** 480 g (160g x 3)  
**PAKING:** 40 Pack of 3





# Tuna Chunks in Sunflower oil

This Tuna canned in non GMO Sunflower oil, is light and chunky with limited fat content, which makes it perfect for daily use. The unsaturated fats contained in tuna packed in sunflower oil may help lower cholesterol and reduce the risk of heart disease. Choosing this tuna allows consumer to target the right flavor, the best texture and the optimum nutrient profile.





## Ingredients

Tuna • Sunflower oil • Salt

## Conservation Tips

- Keep in a cool and dry place.
- After opening, refrigerate the product covered with oil for less than 48h.

## Nutrition Facts

### Average nutritional values 100 g

Energy	182 kcal / 761 KJ
Fat	16.14 g
Saturated fatty acids	3.34g
Carbohydrate of Wich sugars	0 g 0 g
Proteins	16 g
Salt	1.3 g

## Nutri-score

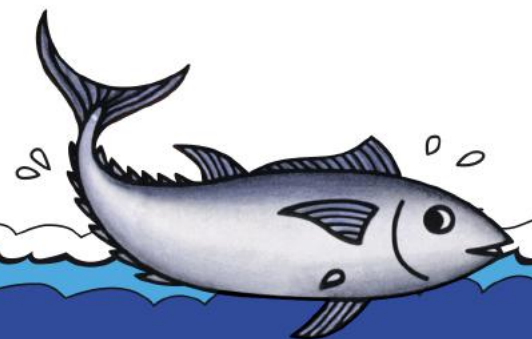


Scientific studies show that the Nutri-Score is the most understandable form of nutritional labelling. It helps consumers to make more transparent and healthier purchasing decisions.



## Available Weight

140 g - 400g - 620g  
850 g- 1,800 kg - 420g (140g x3)





**Tuna Chunks**  
in Sunflower oil

**NET WT:** 140 g  
**PAKING:** 48 cans



**Tuna Chunks**  
in Sunflower oil

**NET WT:** 400 g  
**PAKING:** 24 cans



**Tuna Chunks**  
in Sunflower oil

**NET WT:** 620 g  
**PAKING:** 12 cans



**Tuna Chunks**  
in Sunflower oil

**NET WT:** 850 g  
**PAKING:** 12 cans



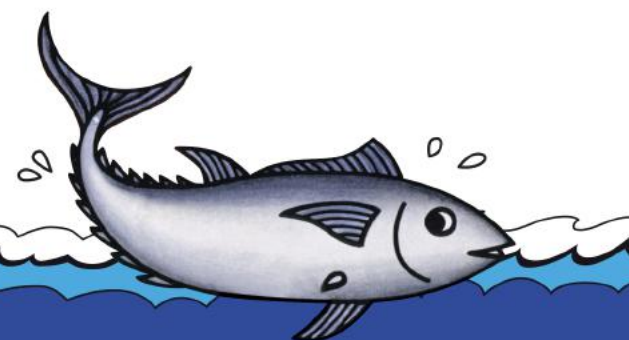
**Tuna Chunks**  
in Sunflower oil

**NET WT:** 1,800 kg  
**PAKING:** 6 cans



**Tuna Chunks**  
in Sunflower oil

**NET WT:** 420 g (140g x 3)  
**PAKING:** 40 Pack of 3







# **Tuna Ventresca** **in Virgin Olive Oil**

ManarThon offers to its customers the most flavorful and the finest part of the fish. Ventresca Tuna has a deep and buttery flavor with a creamy texture, and is packed in virgin olive oil. A true delight with a higher added value.



## Ingredients

Tuna • Virgin olive oil • Salt

## Conservation Tips

- Keep in a cool and dry place.
- After opening, refrigerate the product covered with oil for less than 48h.



## Nutri-score



Scientific studies show that the Nutri-Score is the most understandable form of nutritional labelling. It helps consumers to make more transparent and healthier purchasing decisions.

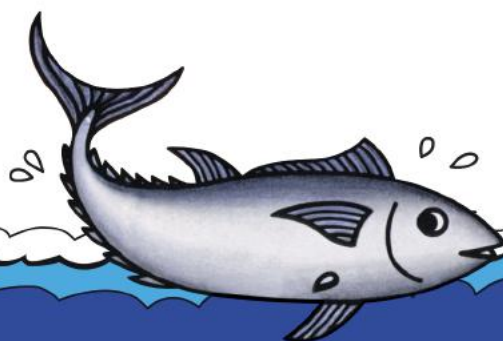
## Nutrition Facts

### Average nutritional values 100 g

Energy	1619 kcal / 387 KJ
Fat	35 g
Saturated fatty acids	11.9 g
Carbohydrate	0 g
of Which sugars	0 g
Proteins	18 g
Salt	1.3 g

## Available Weight

125g - 160 g - 200g - 400g  
700g







**Tuna Ventresca**  
in Virgin Olive Oil

**NET WT:** 125 g  
**PAKING:** 50 cans



**Tuna Ventresca**  
in Virgin Olive Oil

**NET WT:** 162 g  
**PAKING:** 48 cans



**Tuna Ventresca**  
in Virgin Olive Oil

**NET WT:** 400 g  
**PAKING:** 24 cans



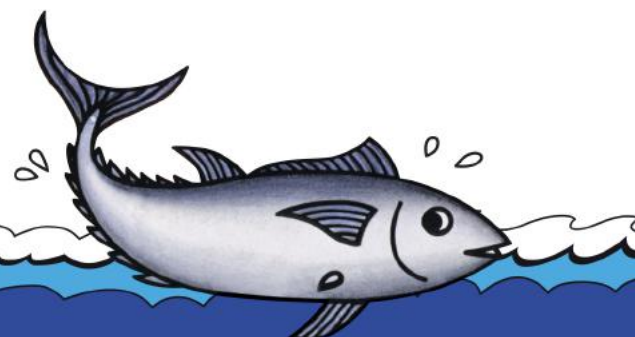
**Tuna Ventresca**  
in Virgin Olive Oil

**NET WT:** 700 g  
**PAKING:** 12 cans



**Tuna Ventresca**  
in Virgin Olive Oil

**NET WT:** 200 g  
**PAKING:** 20 Jars





# Tuna Flakes with Harissa

The use of Harissa in this product highlights ManarThon strategy in creating new original tastes. Tuna flakes with harissa mixes the tender taste of tuna with the spicy flavor of Harissa wich is a purely Tunisian recipe including many benefits such as:

- A flavor enhancer
- Gastrointestinal properties
- Good source of alpha-tocopherol, a form of vitamin E





## Nutri-score



Scientific studies show that the Nutri-Score is the most understandable form of nutritional labelling. It helps consumers to make more transparent and healthier purchasing decisions.

## Ingredients

Tuna • Harissa sauce (Sunflower oil, harissa (red hot pepper, garlic, coriander, caraway, citric acid), water, salt).

## Conservation Tips

- Keep in a cool and dry place.
- After opening, refrigerate the product covered with oil for less than 48h.



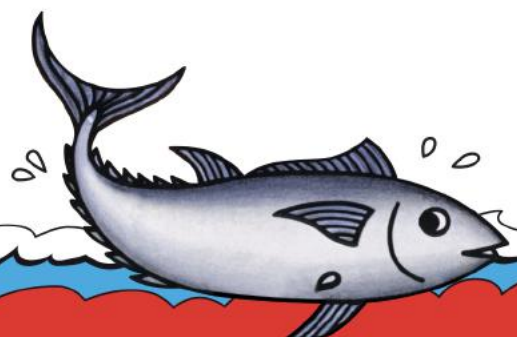
## Nutrition Facts

### Average nutritional values 100 g

Energy	182 kcal / 759 KJ
<b>Fat</b>	<b>12 g</b>
Saturated fatty acids	1.4g
<b>Carbohydrate</b>	<b>0.5 g</b>
of Wich sugars	<0.2 g
Proteins	18 g
Salt	1 g

## Available Weight

85g - 162 g - 160 g





**Tuna Flakes**  
**Harissa Sauce**



**NET WT:** 85 g  
**PAKING:** 48 cans



**Tuna Flakes**  
**Harissa Sauce**



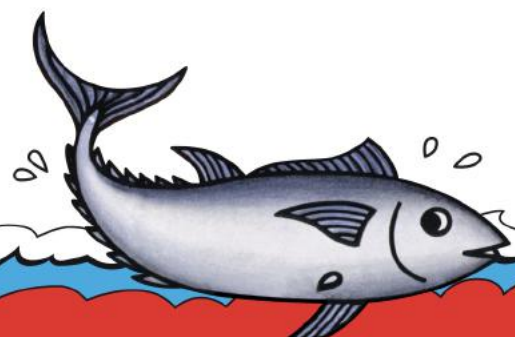
**NET WT:** 162 g  
**PAKING:** 48 cans



**Solid Tuna**  
**Berber harissa Sauce**



**NET WT:** 160g  
**PAKING:** 48 cans







# **Chunk Tuna** **with Tomato Sauce**

Our canned tuna in tomato sauce is a delicious and convenient option for seafood lovers. The high-quality tuna is packed in a rich and flavorful tomato sauce to create a satisfying taste experience. The tanginess of the tomato sauce perfectly complements the savory tuna, making it a versatile ingredient that can be used in a variety of dishes. Whether served hot over rice or cold in a salad, our canned tuna in tomato sauce is a tasty and healthy choice for any meal. Plus, its convenient canned packaging ensures that you can enjoy this delicious dish anytime, anywhere



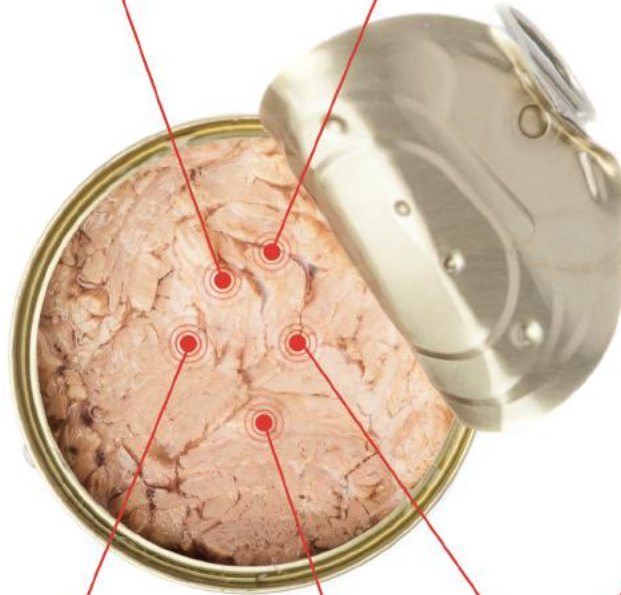
## Nutri-score



Scientific studies show that the Nutri-Score is the most understandable form of nutritional labelling. It helps consumers to make more transparent and healthier purchasing decisions.

## Ingredients

Tuna • Tomato sauce (water, Sunflower oil, tomato, sugar) • salt.



## Nutrition Facts

### Average nutritional values 100 g

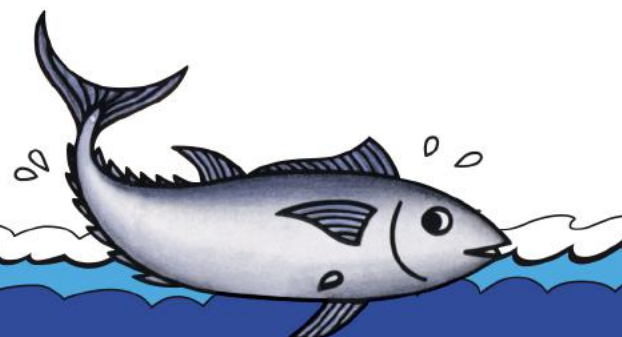
Energy	193 kcal / 808 KJ
Fat	12 g
Saturated fatty acids	1.4g
Carbohydrate	3.3 g
of Wich sugars	2.6 g
Proteins	18 g
Salt	1 g

## Conservation Tips

- Keep in a cool and dry place.
- After opening, refrigerate the product covered with oil for less than 48h.

## Available Weight

85g -255g







Chunk Tuna  
Tomato Sauce



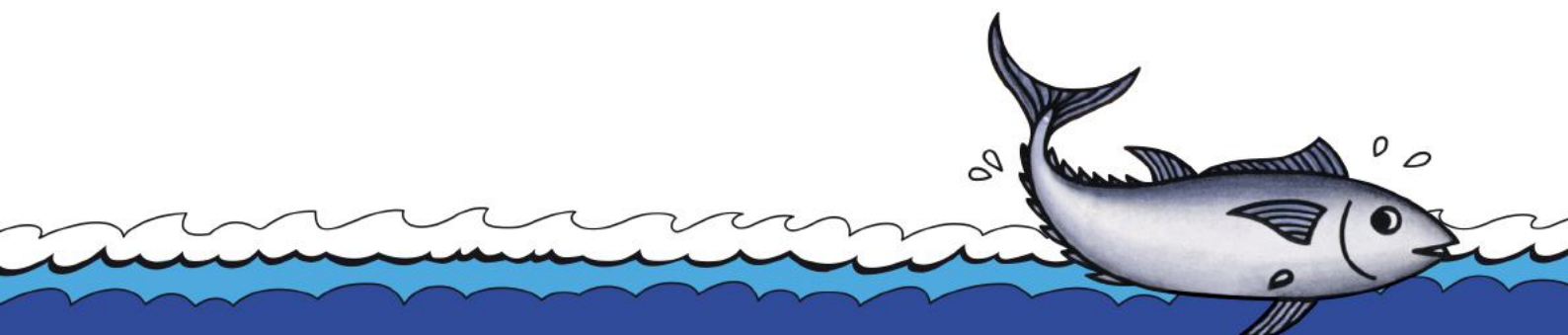
**NET WT:** 85 g  
**PAKING:** 48 cans



Chunk Tuna  
Tomato Sauce



**NET WT:** 255 g  
**PAKING:** 20 (Pack of 3)



# Tuna in Spring Water

ManarThon offers its customers a range of tuna in Spring Water, characterized by low fat and calories content, destined to purists targeting the taste of premium quality tuna.





## Nutri-score



Scientific studies show that the Nutri-Score is the most understandable form of nutritional labelling. It helps consumers to make more transparent and healthier purchasing decisions.

## Ingredients

Tuna • Spring Water • Salt

## Conservation Tips

- Keep in a cool and dry place.
- After opening, refrigerate the product covered with oil for less than 48h.

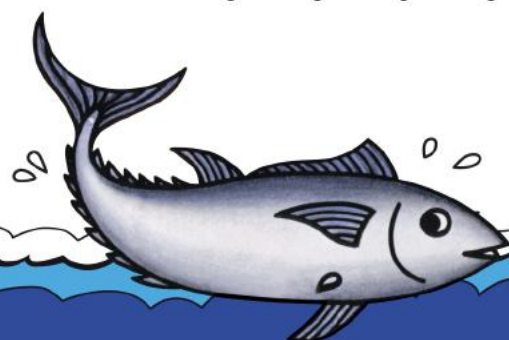
## Nutrition Facts

### Average nutritional values 100 g

Energy	435 kcal / 104 KJ
Fat	1.32 g
Saturated fatty acids	0.1g
Carbohydrate	0 g
of Wich sugars	0 g
Proteins	23 g
Salt	0.52 g

## Available Weight

160 g - 200g - 400g - 800g - 2kg





**Solid Tuna**  
in Spring Water

**NET WT:** 160 g  
**PAKING:** 48 cans



**Solid Tuna**  
in Spring Water

**NET WT:** 400 g  
**PAKING:** 24 cans



**Solid Tuna**  
in Spring Water

**NET WT:** 800 g  
**PAKING:** 12 cans



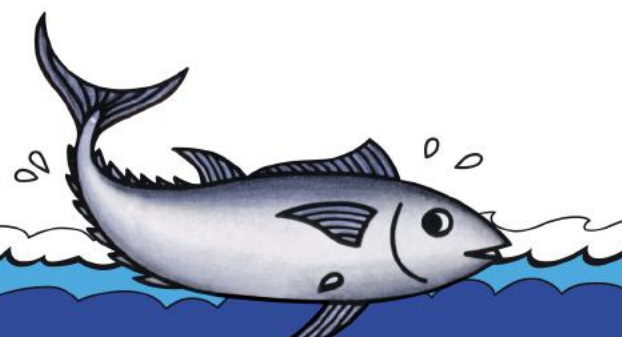
**Solid Tuna**  
in Spring Water

**NET WT:** 2.05 kg  
**PAKING:** 6 cans



**Tuna Fillets**  
in Spring Water

**NET WT:** 200 g  
**PAKING:** 20 Jars







# Tuna Fillets

## Naturally Flavoured

Manar Thon fillets are chosen from the finest Tuna all over the oceans. These hand-made fillets are combined to natural Mediterranean flavors with an authentic taste.



### **Tuna Fillets in Virgin Olive Oil**

- in Sundried Tomatoes
- in Cayenne pepper
- with Thyme
- with Lemon

### **Conservation Tips**

- Keep in a cool and dry place.
- After opening, refrigerate the product covered with oil for less than 48h.



### **Available Weight**

200g -300g





### Tuna Fillets in Virgin Olive Oil

**INGREDIENTS:** Tuna (Fish) 66,5%,  
Virgin Olive Oil 33%, Salt 0,5%.  
**NET WT:** 200 g  
**PAKING:** 20 Jars



### Tuna Fillets in Virgin Olive Oil

**INGREDIENTS:** Tuna (Fish) 66,5%,  
Virgin Olive Oil 33%, Salt 0,5%.  
**NET WT:** 300 g  
**PAKING:** 20 Jars



### Tuna fillets with Sundried Tomatoes in Virgin Olive Oil

**INGREDIENTS:** Tuna (Fish),  
Virgin Olive Oil, Sundried  
Tomatoes.  
**NET WT:** 200 g  
**PAKING:** 20 Jars



### Tuna fillets with Cayenne pepper in Virgin Olive Oil

**INGREDIENTS:** Tuna (Fish) 65%,  
Virgin Olive Oil 29%, Cayenne  
Peppers 5%, Salt 1%.  
**NET WT:** 200 g  
**PAKING:** 20 Jars



### Tuna fillets with Thyme in Virgin Olive Oil

**INGREDIENTS:** Tuna (Fish) 65%,  
Virgin Olive Oil 29%, Thyme 5%,  
Salt 1%.  
**NET WT:** 200 g  
**PAKING:** 20 Jars



### Tuna fillets with Lemon in Virgin Olive Oil

**INGREDIENTS:** Tuna (Fish) 65%,  
Virgin Olive Oil 29%, Lemon 5%,  
Salt 1%.  
**NET WT:** 200 g  
**PAKING:** 20 Jars



### Extra Tuna Fillets in Virgin Olive Oil

**INGREDIENTS:** Tuna (Fish) 66,5%,  
Extra Virgin Olive Oil 33%, Salt 0,5%.  
**NET WT:** 200 g  
**PAKING:** 20 Jars



### Tuna Fillets in Spring Water

**INGREDIENTS:** Tuna (Fish) 65%,  
Spring Water 34% , Salt 1%.  
**NET WT:** 200 g  
**PAKING:** 20 Jars



# Mediterranean Sardines

Our products are made with the finest Mediterranean sardines; Tasty, valuable and rich in Omega 3. It has also a subtle flavor, with a satisfying firm texture. ManarThon sardines are low in saturated fat and sodium, and it represents a good source of proteins, magnesium, phosphorus, potassium, vitamin B6 and selenium. Sardines' bones contain, in particular, a high level of calcium that protects and strengthens bone structure. We have to note also that our sardines' edges are very thin and eatable and that our cans contains at least 5 pieces.





## Mediterranean Sardines

- in Virgin Olive Oil
- in Sunflower oil
- with Cayenne Peppers
- with Harissa
- in Tomato Sauce
- with Lemon

Naturally Rich in  
**3**  
Oméga 3

## Available Weight

125 g



## Canned sardine

Metal - Aluminum



## Accreditations





**Mediterranean sardines**  
in Virgin Olive Oil



**INGREDIENTS:** Sardines · Virgin olive oil · Salt.  
**NET WT:** 125 g



**Mediterranean sardines**  
in Sunflower oil



**INGREDIENTS:** Sardines · Sunflower oil · Salt.  
**NET WT:** 125 g



**Mediterranean sardines**  
with Cayenne Peppers



**INGREDIENTS:** Sardines · Sunflower oil ·  
Cayenne peppers · Salt.  
**NET WT:** 125 g



**Mediterranean sardines**  
with Harissa



**INGREDIENTS:** Sardines · Harissa sauce  
(Sunflower oil, Harissa (red pepper, garlic,  
coriander, caraway, salt and acidifier: citric acid),  
water, hot pepper and salt)  
**NET WT:** 125 g



**Mediterranean sardines**  
in Tomato Sauce



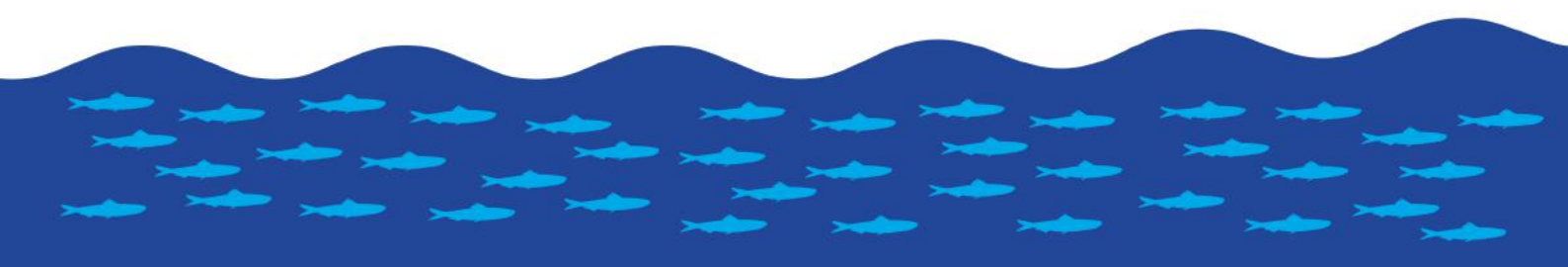
**INGREDIENTS:** Sardines · Tomato Sauce  
(water, Sunflower oil, Tomato, Salt).  
**NET WT:** 125 g



**Mediterranean sardines**  
With Lemon



**INGREDIENTS:** Sardines · Sunflower oil ·  
Lemon · Salt.  
**NET WT:** 125 g





# Tunisian Selected Sardines

To make continuous improvements, ManarThon has just launched a new kind of sardines labeled superior quality thanks to its optimal freshness and the richness of Tunisian Extra Olive Oil. Incomparable nutritional quality making of these sardines an upper product with a high content of Omega3, a powerful protector of the body and an essential regulator for the functioning of the nervous system.



Characteristics certified by the Tunisian Quality Label Commission for processed food:

- Fishing with lampara or seine
- Fishing along the Tunisian coasts
- Sardines / Sardinella Extra fresh
- Tunisian Extra virgin olive oil





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## Tunisian sardines selection

Extra Virgin Olive Oil

**NET WT:** 125 g

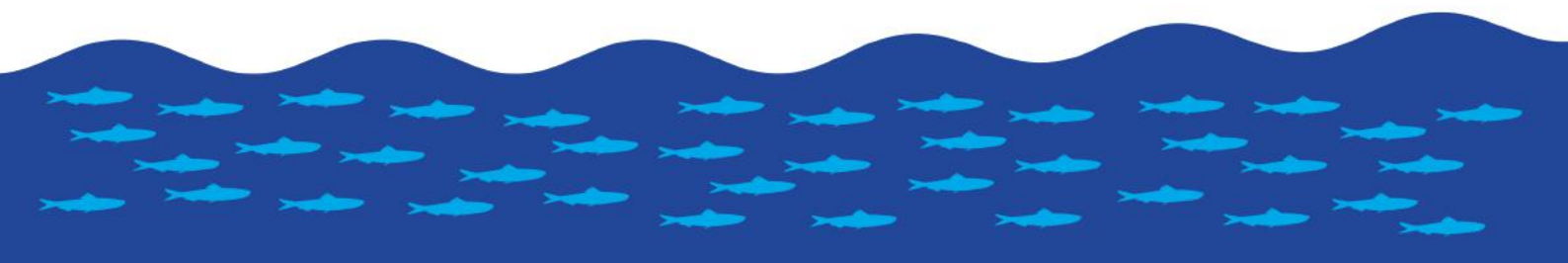
**PAKING:** 25 cans

**INGREDIENTS:** Sardines (Fish) 70%,  
Extra virgin Olive Oil (29%), Salt (1%)



## Average nutritional values 100 g

Energy	598 kcal / 143 KJ
Fat	11 g
Saturated fatty acids	5.5 g
Carbohydrate of Wich sugars	0 g 0 g
Proteins	11 g
Salt	1 g





# Mediterranean Sardine Balls in Harissa

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## Sardines Balls

With Harissa Sauce



**NET WT:** 125 g

**PAKING:** 25 cans

### INGREDIENTS:

Balls 68% (sardines (fish) 79,5%, sunflower oil 19,5%, salt, mint, spices, red pepper, cinnamon and black pepper), harissa sauce 32% (sunflower oil 60%, harissa 28,5% (Red pepper, garlic, coriander, caraway, salt and acidifier: citric acid) and water).

### Average nutritional values 100 g

Energy	1231 KJ / 297 Kcal
Fat	25 g
Saturated fatty acids	3.2 g
Carbohydrate of which sugars	4 g 0.5 g
Proteins	14 g
Salt	0.8 g







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