

tuna wrap



ingredients

- 1 can of tuna in water, drained
- 1 tablespoon of mayonnaise
- 2 cups of chopped lettuce
- 1 small tomato, sliced
- 1/4 cucumber, thinly sliced
- 2 tortillas

instructions

1. Drain tuna, and mix the tuna with mayonnaise in a bowl.
2. Spread the half of the mixture on the tortilla.
3. Top with cucumbers, lettuce, and tomatoes.
4. Wrap the tortilla like a burrito and cut in half.
5. Repeat with the other tortilla.

try this!

Try with sliced turkey or canned chicken with chopped apples.

Nutrition Facts

2 servings per container	
Serving size	1 Wrap
Amount Per Serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 4.97g	25%
Trans Fat 0g	
Polyunsaturated Fat 0.37g	
Monounsaturated Fat 0.15g	
Cholesterol 25mg	9%
Sodium 300mg	13%
Total Carbohydrate 22g	8%
Dietary Fiber 7g	26%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 26g	53%
Vitamin D 0mcg	0%
Calcium 311mg	25%
Iron 2.88mg	15%
Potassium 537mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

healthy tip!

Use a whole-wheat tortilla or whole-wheat bread for your daily dose of whole grains and fiber.