

Tuna Salad Sandwiches

Ingredients:

12 ounces tuna in water,
 canned
 3 tablespoons pickle relish
 1/8 teaspoon ground pepper
 1/3 cup fat-free mayonnaise
 12 whole wheat bread slices

Equipment:

Mixing bowl
 Can opener
 Mixing spoon
 Measuring cups
 Measuring spoons
 Knife

Number of Servings: 6
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

1. Combine tuna, relish, pepper and mayonnaise in mixing bowl and mix well.
2. Spread mixture on six slices of bread, and top with remaining slices.
3. Can also broil or toast.

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Nutrition Facts

Serving Size: 2 slices bread & 1/2 cup mix
 Servings: 6

Amount Per Serving		Calories from Fat 27
		%Daily Value*
Calories 232		
Total Fat 3g		5%
Saturated Fat 1g		5%
Cholesterol 19mg		6%
Sodium 607mg		25%
Potassium 289mg		8%
Total Carbohydrate 29g		10%
Dietary Fiber 4g		16%
Protein 22g		44%

Vitamin A 1% Vitamin C 0%
 Iron 9% Calcium 16%

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

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