

Recipe Analyzer Results

A single serving of this recipe has 284 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 2

Amount per serving

Calories 284

% Daily Value*

Total Fat 6.9g 9%

Saturated Fat 2.1g 11%

Cholesterol 27mg 9%

Sodium 453mg 20%

Total Carbohydrate 28.4g 10%

Dietary Fiber 4.6g 17%

Total Sugars 3.2g

Protein 26.5g

Vitamin D 0mcg 0%

Calcium 58mg 4%

Iron 3mg 17%

Ingredients:

- 1 can light flaked tuna in water (120 g drained weight), drained
- 15 ml (1 tbsp) mayonnaise
- 5 ml (1 tsp) yellow mustard
- 5 ml (1 tsp) lemon juice
- 1 celery stalk, finely chopped
- 60 ml (1/4 cup) green pepper, finely chopped
- 2 1/2 ml (1/2 tsp) black pepper
- 2 leaves romaine lettuce, washed and dried
- 2 whole grain tortillas

Potassium 268mg

6%

Nutrition Facts

Servings: 2

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

Recipe analyzed by **verywell**