



## Tuna Salad Wrap

READY IN



10 min.

SERVINGS



10

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

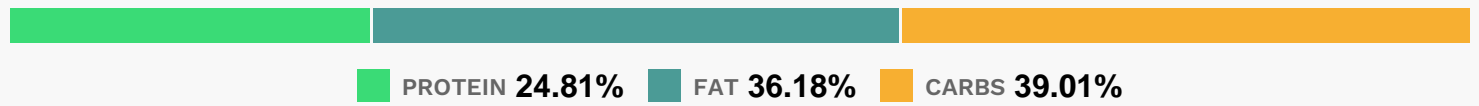
- 4 oz chiles green undrained chopped canned
- 6 oz tuna flaked drained canned
- 0.5 cup celery chopped
- 6 6-inch flour tortillas ()
- 3 hard-cooked eggs chopped
- 6 lettuce leaves
- 6 milk singles 2% kraft
- 0.3 cup bell peppers green red chopped
- 0.3 cup mayo reduced fat mayonnaise light kraft

# Equipment

## Directions

- Mix tuna, eggs, celery, mayo, peppers and chilies.
- Place one 2% Milk Singles on center of each tortilla. Top evenly with the tuna mixture and lettuce; roll up.
- Place, seam-sides down, on serving plate.
- Cut in half to serve.

## Nutrition Facts



## Properties

Glycemic Index:7.6, Glycemic Load:2.84, Inflammation Score:-7, Nutrition Score:7.9626086691151%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 113.26kcal (5.66%), Fat: 4.49g (6.91%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.78g (3.56%), Sugar: 1.37g (1.52%), Cholesterol: 63.02mg (21.01%), Sodium: 288.13mg (12.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Selenium: 20.47µg (29.24%), Vitamin A: 1209.15IU (24.18%), Vitamin B3: 2.66mg (13.28%), Vitamin C: 9.62mg (11.66%), Vitamin B12: 0.61µg (10.11%), Vitamin B2: 0.16mg (9.68%), Folate: 38.24µg (9.56%), Phosphorus: 94.96mg (9.5%), Vitamin B1: 0.12mg (8.33%), Iron: 1.43mg (7.93%), Manganese: 0.15mg (7.47%), Vitamin B6: 0.12mg (6.18%), Vitamin K: 6.14µg (5.85%), Calcium: 49.56mg (4.96%), Fiber: 1.11g (4.44%), Potassium: 134.31mg (3.84%), Vitamin D: 0.53µg (3.56%), Magnesium: 12.8mg (3.2%), Vitamin B5: 0.3mg (2.95%), Zinc: 0.42mg (2.82%), Vitamin E: 0.4mg (2.69%), Copper: 0.03mg (1.71%)