

Anti-inflammatory Curried Tuna Salad Avocado Boats

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-tuna-salad-recipe>

Ingredients:

- 2 tablespoons plain greek yogurt
- 4 teaspoons apple cider vinegar
- 1 teaspoon curry powder
- 1/4 teaspoon salt
- 1 pinch ground cinnamon
- 5 ounces albacore can solid white, drained and flaked
- 1/4 cup carrot finely diced
- 4 teaspoons toasted cashews chopped
- 2 tablespoons raisins roughly chopped
- 1 tablespoon red onion chopped
- 1 avocado medium, sliced in half and seed removed
- 2 teaspoons chopped parsley

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 15 milligrams
4. Fat: 10 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 170 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Anti-inflammatory Curried Tuna Salad Avocado Boats above. You can see more 16 indian tuna salad recipe Experience flavor like never before! to get

more great cooking ideas.