

Tuna Wrap

Yield: 1 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tuna-wrap-recipe>

Ingredients:

- 1 flour tortilla large, 10" soft
- 1 can tuna fish 142g | 5oz chunk light, in water, drained
- 1/4 cup plain greek yogurt 60g | 2oz
- 1 teaspoon Dijon mustard
- 2 tablespoons chopped walnuts
- 2 tablespoons raisins golden or california raisins
- 1 tablespoon capers
- 1 tablespoon parsley chopped flat
- 1 pinch Himalayan salt
- 1 pinch freshly ground black pepper
- 1 pinch red pepper flakes optional
- 1/2 cup baby spinach leaves or other leafy greens

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 35 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 3 grams
8. Sodium: 590 milligrams
9. Sugar: 10 grams

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