

# Tuna Salad Avocado Bowl

Yield: 2 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-tuna-avocado-recipe>

## Ingredients:

- 5 ounces tuna
- 1/2 celery stalk diced
- 1/2 teaspoon mustard
- 1/4 lemon juice only
- 1/2 shallot diced
- 1 tablespoon chopped parsley
- 2 tablespoons mayonnaise
- 1 tablespoon vegetarian Parmesan grated
- 1/2 teaspoon black pepper
- 1 pinch salt 1/4 tsp
- 2 avocados

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 30 milligrams
4. Fat: 39 grams
5. Fiber: 15 grams
6. Protein: 22 grams
7. SaturatedFat: 5 grams
8. Sodium: 320 milligrams
9. Sugar: 3 grams

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