

Cucumber Avocado Salad with Tuna, Cilantro, and Lime

Yield: 1 min
Total Time: 20 min

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

Ingredients:

- 1 European cucumber large, or 2 smaller cucumbers
- 1/2 cup chopped cilantro more or less to taste
- 1/4 cup green onions thinly sliced
- 1 avocado
- 2 tablespoons lime juice fresh-squeezed, I used my fresh-frozen lime juice.
- 5 ounces tuna packed in olive oil
- salt
- ground black pepper
- 2 tablespoons mayonnaise can use light mayo, but there is not much mayo and full-fat mayo adds a lot of flavor

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 10 milligrams
4. Fat: 40 grams
5. Fiber: 18 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 1010 milligrams
9. Sugar: 11 grams

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