

# Tuna Salad with Greek Yogurt {on a wrap}

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-tuna-salad-recipe-with-greek-yogurt>

## Ingredients:

- 6 ounces tuna can of, drained well, I used 'Solid White Tuna, Albacore in Water', 120 grams after drained
- 3 tablespoons Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon whole grain mustard plus more for wrap, if desired
- 1 stalk celery finely chopped
- 1 stalk green onion thinly sliced
- 1/2 teaspoon dried dill
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne
- 1 pinch salt
- 2 spinach large large wraps -I used ' ' wraps, or use bread. Wraps used were about 9.5 – 10 inches in diameter.
- leaf lettuce or spinach -optional topping
- sliced tomato optional topping
- avocado sliced, optional topping

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 1 grams
8. Sodium: 260 milligrams
9. Sugar: 2 grams

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