

Mexican Tuna Salad

Yield: 6 min
Total Time: 20 min

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

Ingredients:

- 1/2 bunch cilantro roughly chopped, about 1 1/2 cups
- 1 jalapeño seeded and roughly chopped
- 3 garlic cloves
- 3 tablespoons lime juice about 2 limes
- 1/2 cup full fat sour cream
- 2 teaspoons honey
- 1/4 cup olive oil
- salt
- fresh black pepper
- 1/2 head iceberg lettuce thinly sliced, about 6 cups
- 1 English cucumber cut into matchsticks
- 1/2 bunch cilantro chopped
- 4 green onions sliced
- 10 ounces tuna packed in water or oil, drained and flaked
- 15 ounces garbanzo beans drained and rinsed
- 2 1/4 ounces olives sliced back, drained
- 1 ripe avocado chopped
- 1 cup pico de gallo homemade or from the deli
- 1/2 cup shredded cheese see note

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 35 milligrams
4. Fat: 25 grams
5. Fiber: 7 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 730 milligrams

9. Sugar: 8 grams

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