

Artichokes and Potato Italian Tuna Salad

Yield: 2 min
Total Time: 25 min

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

Ingredients:

- 1 small potato medium/
- 1 artichoke
- salt
- 1 3/4 ounces tuna fillets olive oil
- 1 tablespoon olive oil
- 1/2 tablespoon fresh oregano
- 1/2 tablespoon fresh mint leaves
- 1 tablespoon sesame seeds

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 10 milligrams
4. Fat: 9 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 460 milligrams
9. Sugar: 2 grams

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