

The Best Tuna Sandwich

Yield: 3 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-tuna-sandwich-recipe>

Ingredients:

- 1/2 cup celery finely chopped
- 10 ounces tuna in water, drained
- 4 cornichons small, gerkins, finely chopped
- 2 teaspoons whole grain mustard
- 1/4 cup light mayonnaise
- 1/4 teaspoon turmeric
- salt
- pepper
- whole wheat pita bread or whole grain sandwich bread
- avocado slices
- tomato slices

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 45 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 2 grams
8. Sodium: 1140 milligrams
9. Sugar: 3 grams

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