

# Tuna Mayonnaise Filling

**Allergens – Eggs, Milk, Fish**

## Ingredients

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Quantity      Ingredient

|      |  |
|------|--|
| 800g | <b>Tinned Tuna</b> (Drained) (contains <b>Fish</b> )                       |
| 150g | <b>Lite Mayonnaise</b><br>(Hellman's contains <b>Eggs, Milk, Mustard</b> ) |
| 150g | <b>Low Fat Natural Yoghurt</b><br>Black Pepper (optional)                  |

## Method

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1. Drain the tuna, flake and mix with the mayonnaise, yoghurt and pepper.
2. Store chilled until use.

## Nutritional Content per 100g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (g) | Carbs (g) |
|---------------|---------|--------------------|-----------|----------|-----------|
| = 119         | = 4.4   | = 0.8              | = 1.6     | = 0.92   | = 2.1     |

**Portion size** - Primary – 55g      Secondary – 65g

Reviewed April 2018