

Tuna Mayonnaise Wrap

Allergens – Gluten, Eggs, Milk, Fish

Ingredients

Quantity	Ingredient
800g	Tinned Tuna Drained (contains Fish)
150g	Lite Mayonnaise (Hellman's contains Eggs, Milk, Mustard)
150g	Low Fat Natural Yoghurt Black Pepper (optional)
20	8" Tortillas Wrap (contains Wheat)

Method

1. Mix all the filling ingredients together.
2. Place the tuna mixture in center of the tortilla, fold and roll to completely enclose mixture.
3. Store chilled until ready to serve.

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 Tortilla Wrap @ 40g each = 19.08 Carbs