

Tuna Mayonnaise Wrap

Allergens – Gluten, Eggs, Milk, Fish, Mustard

Ingredients

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



Method

1. Drain, flake and mix the tuna with mayonnaise, yoghurt and season with pepper.
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 for 50g Tuna filling + Tortilla Wrap

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 201.4	= 2.2	= 0.4	= 1.2	= 0.8	= 35.3

Portion size - Primary – 50g + Tortilla Wrap

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