

Let's eat

Baked Potato with Tuna Mayonnaise topping

Allergens – Eggs, Fish, Milk, Mustard

Tinned Tuna

Mayonnaise contains (Eggs, Milk, Mustard)



See Tuna Mayonnaise Recipe for preparation instruction.

Portion Size – Primary 55g Tuna Academy 65g Tuna

Nutritional Content per 100g Tuna Mayonnaise

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

Nutritional Content per 100g Baked Potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 136	= 0.2	= 0.1	= 1.2	= 0.1	= 31.7