

# Tuna Wrap

By Food & Nutrition from Public Health Jersey



Food Labelling...

## EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 359G SERVING	%RI
Energy(Kj)	424 kJ	5%	1522 kJ	18%
Energy(kcal)	101 kcal	5%	361 kcal	18%
Fat	2.2 g	3%	8 g	11%
<i>of which saturates</i>	0.5 g	3%	2 g	10%
Carbohydrate	11 g	4%	41 g	16%
<i>of which sugars</i>	3.4 g	4%	12 g	13%
Fibre	1.8 g	7%	6.6 g	26%
Protein	7.8 g	16%	28 g	56%
Salt	0.36 g	6%	1.3 g	22%

### CONTAINS:



WHEAT



EGGS



MILK



FISH



MUSTARD

### MAY CONTAIN:



SULPHITES

### Recipe Ingredients ...

	Quantity:	Description:
Tuna, canned in spring water, drained..	45g	1x Average portion
Yogurt, Greek, plain, low fat..	90g	2 tablespoon
Horseradish sauce..	8g	1 teaspoon
Pepper, black..	0.1g	1 average sprinkle
Parsley, fresh..	3.8g	1 tbsp
Carrots, old, raw..	30g	1 baby carrot
Cucumber, raw, flesh and skin..	30g	4.29 slice
Peppers, bell, raw, mixed..	45g	1x in a wrap/sandwich
Onions, red, raw..	15g	2.83 homemade sandwich filling
Lettuce, Iceberg, raw..	25g	1x Small portion (sandwich/roll)
Tortilla, wholemeal flour, soft..	67g	1x Average Portion

1. Drain the tuna, in a bowl mix the tuna, Greek yogurt, low fat and horseradish, season and chopped parsley. Peel carrot and finely slice, finely slice cucumber, pepper and onion.
2. Lay out a large wholemeal wrap on a board. Add shredded lettuce, spoon tuna mix.
3. Next to the mix add, carrot, cucumber and pepper, roll and bring the sides in.
4. For added tightness, cut a piece of cling film larger than the wrap, lay finished wrap in the middle, wrap the cling film around the wrap, tightening the edges.
5. Place in the fridge until required to serve.