

Cucumber Tomato Salad with Tuna

submitted by maradentro



Per serving: 237 Calories • 21.5g Carbs (4.9g Fiber) • 2.5g Fat • 36.7g Protein

Ingredients

Ingredients scaled to: 1 serving

2 medium whole (2-3/5" dia) **Tomatoes** (246 grams)

1 cup shredded **Lettuce** (36 grams)

1 cucumber (8-1/4") **Cucumber** (301 grams)

1 can **Tuna** (165 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Chop vegetables and lettuce.
2. Toss together with the tuna and enjoy!