

Plain Tuna Salad

submitted by dbramo



Per serving: 179 Calories • 2.3g Carbs (0g Fiber) • 4.8g Fat • 32.2g Protein

Ingredients

Ingredients scaled to: 1 serving

- 1 can **Tuna** (165 grams)
- 1 tbsp **Mayonnaise-like dressing** (14.7 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Mix all ingredients together in a bowl.
2. Serve with bread or side of choice if desired, just be sure to add that item to your plan so those calories are tracked! Enjoy!