

## HoneyGem® Ahi Tuna Lettuce Cups

**Servings**

4

**Calories**

240

**Prep Time**

20 minutes

**Total Time**

25 minutes

**Skill Level**

Easy

### Ingredients

- 2 heads Mann's HoneyGem™ lettuces
- 1 mango, diced
- 1 avocado, diced
- ½ red onion, diced
- ½ pound ahi tuna, fresh, diced
- 1 lime, juiced plus extra wedges to serve
- 1 tablespoon avocado or olive oil
- 1 tablespoon cilantro, fresh, chopped
- ¼ teaspoon salt & pepper



### The Method

Combine mango, avocado, red onion and ahi in a small bowl. Squeeze fresh lime juice over the mixture, then drizzle with the olive oil.

Sprinkle cilantro and black pepper on top. Spoon onto Mann's HoneyGem™ lettuces; serve with extra lime wedges.

#### Nutrition Facts

Serving Size: 318g | Servings: 4

#### Amount Per Serving

Calories 240 | Total Fat 10g (sat fat 1.5g trans 0g) | Cholesterol 25mg | Sodium 200mg | Total Carbohydrate 23g | Dietary Fiber 3g | Sugars 14g | Protein 17g | Vitamin D 10% | Calcium 10% | Iron 10% | Potassium 15%