



Crunchy Rainbow Tuna Salad Wrap

Servings

4

Calories

430

Prep Time

10 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

- 1 package Mann's Rainbow Salad
- $\frac{2}{3}$ cup reduced fat olive oil mayonnaise
- $\frac{1}{4}$ cup red onion, finely chopped
- 1 tablespoon lemon juice
- 1 teaspoon finely grated lemon zest
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 2 cans flake light tuna, drained
- $\frac{1}{4}$ cup sunflower seeds
- 4 (10") flour tortillas



The Method

Stir together mayonnaise, onion, lemon juice, lemon zest, salt and pepper until well combined. In separate bowl, toss Mann's Rainbow Salad with tuna and sunflower seeds. Drizzle mayonnaise mixture over top; toss until evenly coated.

Divide salad evenly among 4 flour tortillas; Fold in one side and then fold up from the bottom, enclosing the filling. Fold in the other side of the tortilla and serve.

Tip: Salad mixture can be covered tightly and refrigerated.

Nutrition Facts

Serving Size: 283g | Servings: 4

Amount Per Serving

Calories 430 | Calories from Fat 150 | Total Fat 17g (sat fat 1g trans 0g) | Cholesterol 35mg | Sodium 880mg | Total Carbohydrate 38g | Dietary Fiber 6g | Sugars 8g | Protein 31g | Vitamin A 60% | Vitamin C 80% | Calcium 15% | Iron 20%