



Power Blend Tuna Salad

Servings

2

Calories

420

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

- 3 tablespoons avocado oil mayo
- 1 tablespoons Dijon mustard
- 2 tablespoons chopped dill pickles
- juice of ¼ lemon
- zest of ¼ lemon
- 2 (5 ounce) cans Wild Albacore Tuna in water
- 1 (10 ounce) package Mann's Power Blend
- Salt & black pepper, to taste
- 1 boiled egg, chopped slices



The Method

Start by adding mayo, mustard, pickles, lemon juice, and lemon zest to a small mixing bowl and whisk to combine.

Next add tuna and the water from the cans to the bowl and mix well.

Then, add Mann's Power Blend and toss until well combined. Add salt and pepper, to taste.

Plate with chopped boiled egg slices.

Nutrition Facts

Serving Size: 364g | Servings: 2

Amount Per Serving

Calories 420 | Total Fat 23g (sat fat 3g trans 0g) | Cholesterol 180mg | Sodium 810mg | Total Carbohydrate 13g | Dietary Fiber 6g | Sugars 5g (Includes 0g Added Sugars) | Protein 40g | Vitamin D 15% | Calcium 8% | Iron 6% | Potassium 20%