

# Nutrition Facts for Tuna Salad Sandwich on Wheat Bread

<b>Nutrition Facts</b>		Amount/serving	% DV	Amount/serving	% DV
		<b>Total Fat</b> 20g	<b>25%</b>	<b>Total Carb.</b> 30g	<b>10%</b>
Serving size: 1 Portion		Saturated Fat 3.5g	17%	Fiber 5g	18%
		<i>Trans Fat</i> 0g		Total Sugars 3g	
<b>Calories</b> per serving		<b>Cholesterol</b> 15mg	<b>6%</b>	Incl. 0g Added Sugars	<b>0%</b>
		<b>Sodium</b> 1000mg	<b>40%</b>	<b>Protein</b> 24g	
<b>400</b>		Vitamin D 20% · Calcium 10% · Iron 15% · Potassium 8%			

## Ingredients

Wheat Bread, Tuna Fish in Can, Spring Mix (lettuce, green leaf, raw; lettuce, iceberg (includes crisphead types), raw.), Mayonnaise, Celery, Red Bell Peppers, Yellow Onions, Kosher Salt, Parsley, White Pepper, Black Pepper

## Contains

EGGS, TUNA, WHEAT, CEREALS CONTAINING GLUTEN, CELERY

## Characteristics

Dairy Free · Corn Free · Tree Nut Free · Peanut Free