

## Simple Tuna Salad

5 ingredients · 10 minutes · 2 servings



### Directions

1. Add all ingredients to a large bowl and mix until well combined. Enjoy!

### Notes

#### How to Serve

Enjoy alone, on crackers, on a sandwich, or over greens.

#### Leftovers

Keeps well in the fridge for 2 to 3 days.

### Ingredients

- 2 cans Tuna (drained)
- 1 Green Apple (chopped)
- 2 stalks Green Onion (finely sliced)
- 2 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)

### Nutrition

<b>Calories</b>	288	<b>Cholesterol</b>	65mg
<b>Fat</b>	12g	<b>Sodium</b>	499mg
<b>Carbs</b>	12g	<b>Vitamin A</b>	667IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	2mg
<b>Sugar</b>	9g	<b>Calcium</b>	39mg
<b>Protein</b>	33g	<b>Iron</b>	3mg