

# Apple Tuna Salad

**Number of Servings:** 3

**Ingredients:**

- 6 slices 100% whole wheat bread
- 1 (12 oz can) tuna in water, drained, can use lower sodium
- 1 small apple chopped
- 1/4 cup low fat and fat free vanilla yogurt
- 1 tsp mustard
- 1 tsp honey

**Directions:**

1. Wash your hand and clean your cooking area.
2. Combine tuna, apple, yogurt, mustard, and honey in a mixing bowl.
3. Mix and spread evenly on three bread slices.
4. Top with remaining bread slices and cut in half or as desired.
5. Serve immediately.

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>(243g)</b>
Amount per serving	
<b>Calories</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 12g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 37g	
Vitamin D 0mcg	<b>0%</b>
Calcium 142mg	<b>10%</b>
Iron 3mg	<b>15%</b>
Potassium 513mg	<b>10%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Family Conversation Starter:

If you could have a conversation with anyone in history, who would it be?

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