

Sabino's Tuna Salad

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 8 servings

Portion 7 oz

Num Portions 8

Prep

Cook

Finish

Shelf

Nutrition Facts	
Serving Size 7 oz (198g)	
Servings Per Container 8	
Amount Per Serving	
Calories 185 Calories From Fat 83	
% Daily Value	
Total Fat 9g	14%
Saturated Fat 2g	7%
Cholesterol 37mg	12%
Sodium 568mg	24%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	2%
Protein 18g	
Vitamin A 2%	Vitamin C 3%
Calcium 2%	Iron 5%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

Ingredient

SEASON, ITAL

Reason

No nutrition information