Keto-Friendly Tuna Salad

Directions: Add 2 oz (60 mL) of hot/cold water to the tuna. Let stand until rehydrated. Properly discard leftover water. Add 1 packet of mayonnaise and stir to mix well.

Ingredients: tuna, green onion, onion, black pepper, parmesan cheese, mayonnaise

Nutrition: 203 kcal (169 cal/oz), 20 g protein, 0.7 g carbohydrate, 0 g fiber, 0.3 g total sugar, 0 g added sugar, 13 g fat, 428 mg sodium

Net weight: 1.2 oz | 34 g **Expiration Date:** _____

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