



NutritionRx
Jennifer Broxterman

Tuna Avocado Sandwich

*This is a fresh take on the classic tuna sandwich that does not sacrifice flavour or texture. Leftover tuna filling can be easily used for a quick lunch the next day. Using avocado instead of mayonnaise makes this sandwich a great source of **healthy fats** and **fibre**.*

Prep: 10 minutes • Total: 20 minutes

Ingredients:

Avocados, ripe, peeled, pitted, and mashed	2 medium	2 medium
Celery, chopped	1 stalk	1 stalk
Green onion, chopped	¼ cup	63 mL
Lemon juice	1 Tbsp	15 mL
Canned tuna, water packed	1 can	170 g
Light parmesan cheese, grated	1 Tbsp	15 mL
Garlic powder	1 tsp	5 mL
Salt	pinch	pinch
Pepper	pinch	pinch
Romaine lettuce, chopped	2 leaves	2 leaves
Tomato, sliced	1 medium	1 medium
Multi-grain bread	8 slices	8 slices

Directions:

1. In a medium bowl, combine mashed avocados, chopped celery, green onions, and lemon juice.
2. Gently fold in canned tuna.
3. Add parmesan cheese, garlic powder, salt, and pepper to mixture.
4. Chop romaine lettuce and tomatoes.
5. Toast multi-grain bread and fill each sandwich with ½ cup tuna filling and a 2 slices each of tomato and romaine lettuce.
6. Serve immediately.

Nutrition Facts

Serving Size (237g)		Servings Per Container	
Amount Per Serving			
Calories	330	Calories from Fat	130
% Daily Value*			
Total Fat	14g		22%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	540mg		23%
Total Carbohydrate	33g		11%
Dietary Fiber	7g		28%
Sugars	5g		
Protein	21g		
Vitamin A	30%	•	Vitamin C 30%
Calcium	8%	•	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

Adapted from: Just Braise Blogspot

Makes 4 servings (2 cups (500 mL) filling) • 1 serving = 2 slices of bread + ½ cup (125 mL) of filling (237g/serving)

Prepared By: Jennifer Broxterman, Registered Dietitian & Jennifer Yu, BScH Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca