TUNA NICOISE SANDWICHES

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 10

Category: Basic Food
Manufacturer: (None)

Ingredients

0.250 c. Olive Oil
2.000 T. Vinegar, red wine
3.000 item Garlic Clove
3.000 T. Parsley, Chopped
1.500 t. Ground Oregano
12.000 oz. Light Tuna, Canned in Water, Drained
2.250 oz. Black Olives, Ripe, Canned
8.000 sl. Nature's Own Honey Wheat Bread
4.000 item Hard Boiled Egg
1.000 item Red Tomato

Nutrition Facts

Serving Size 1.00 item(s) (260g)

Amount Per Serving			
Calories	467	**Calories from Fat**	201
			% Daily Value
Total Fat	22.4g		34 %
Saturated Fat	4.0g		20 %
Trans Fat	0.0g		
Cholesterol	237.5mg		79 %
Sodium	732.8mg		31 %
Total Carbohydrate	32.1g		11 %
Dietary Fiber	3.3g		13 %
Sugars	5.4g		
Protein	32.7g		
Vitamin A	19 %	Calcium	7 %
Vitamin C	15 %	Iron	29 %

Instructions