

# Apple Tuna Sandwiches

Yield 3 servings

## Ingredients

1 can	tuna, packed in water (6.5 ounces, drained)
1	apple
1/4 cup	yogurt, low-fat vanilla
1 teaspoon	mustard
1 teaspoon	honey
6 slices	whole wheat bread
3	lettuce leaves

## Instructions

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

## Cost

Per recipe: \$4.63  
Per serving: \$1.54

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network  
Website Recipes

Nutrition Facts	
Serving Size 1 sandwich or 1/3 of recipe (199g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 13g	
<b>Protein</b> 23g	
Vitamin A 2%	• Vitamin C 4%
Calcium 10%	• Iron 15%
*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	