



3.3



Tuna is a relatively high protein food and it is very high in omega-3 fatty acids.

Tuna Sandwich PREP

Serving Size 1 Sandwich **Carbs: 34.40**

Served on Wed, 10/02/2024

Allergens



Corn



Fish



Soy



Wheat



Gluten



Egg

Nutrients

Calories	418.75
Carbohydrate (gm)	34.40
Fiber (gm)	2.16
Total Fat (gm)	21.91
Saturated Fat (gm)	3.37
Total Sugar (g)	4.21
Protein (gm)	20.38

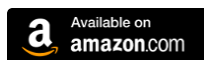
Ingredients

Light Tuna | water | Egg Yolks

White Mustard | corn syrup | vinegar

fructose | salt | Spice Oil Blend

whole wheat flour | En



Disclaimer

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