



April 12- Tuna Salad Crisps

Smart Snack

Link: http://www.deathtodiatetes.com/Low_Carb_Diabetic_Meals.html#.VK_9pE10y70

Recipe

Ingredients:

- 2 ounces drained water-packed light tuna
- 1 teaspoon light mayonnaise
- 1 teaspoon Dijon-style mustard
- 2 rye crisps

Directions:

1. Wash hands with warm, soapy water.
2. Combine tuna, mayonnaise, and mustard. Mix well.
3. Spoon mixture on 2 rye crisps or another crackers on hand.

Yield 1 serving

Nutrition Facts

Serving Size 2 crisps (86.67g)
Servings Per Container 1

Amount Per Serving

Calories 160 **Calories from Fat** 30

% Daily Value*

Total Fat	3.5g	5%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	390mg	16%
Total Carbohydrate	17g	6%
Dietary Fiber	3g	13%
Sugars	<1g	
Protein	15g	30%

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.