

Tuna Burrito

1 can Tuna (packed in water)
1-2 tbsp sour cream or plain nonfat yogurt
1 tsp lime juice
1 roma tomato, chopped
Chili powder to taste
1 tbsp Cilantro, fresh (optional)
¼ Avocado (optional)
1 Whole wheat tortilla 8"

Directions:

In a small bowl combine and mix all ingredients, except cilantro and avocado. Place mixture on tortilla and roll tightly. Microwave for 45-60 seconds, flip and microwave for another 30-45 seconds. Top with sliced avocado and fresh cilantro.

Nutrition Facts			
Serving Size (234g)			
Servings Per Container			
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Amount Per Serving			
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Calories 280	Calories from Fat 70		
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			% Daily Value*
Total Fat 7g			11%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 390mg			16%
Total Carbohydrate 28g			9%
Dietary Fiber 5g			20%
Sugars 4g			
Protein 27g			
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Vitamin A 15%	•	Vitamin C 20%	
Calcium 6%	•	Iron 6%	
*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			