

JACKET POTATOS WITH TUNA AND SPRING ONION

(ALLERGENS ARE IN BOLD)

Ingredients:

- Jacket Potato
- 1/2 a tin **tuna** in spring water
- 1/4 x Cucumber
- 1 x Spring onion
- 1 tsp Light Mayonnaise

Directions:

- Heat up the jacket potato according to instructions
- Chop the spring onion into small slices
- Cop the cucumber into slices and then quarters
- Mix together the spring onions, cucumber, mayonnaise and half the tine of drained tuna
- Add onto the top of the heated jacket potato and enjoy!



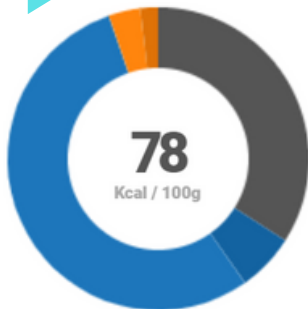
Enjoy!



NUTRITIONAL INFORMATION

TUNA JACKET POTATO

241ML OF WATER
PER PORTION



CALORIES:

60.7% Carbs

34% Protein

5.3% Fat

	PER 305G SERVING	%RI
Energy(Kj)	1048 kJ	12%
Energy(kcal)	248 kcal	12%
Fat	1.4 g	2%
<i>of which saturates</i>	0.5 g	3%
Carbohydrate	36 g	14%
<i>of which sugars</i>	3.7 g	4%
Fibre	4.9 g	20%
Protein	20 g	40%
Salt	0.27 g	5%