

## 039- TUNA-Deli Tuna Cucumber Sandwich

## NUTRITION SUMMARY

Nutrient		Value per serving (180g)	%RDI*
Total Calories	(kcal)	223	
Carbohydrates	(g)	26	8.8
Protein	(g)	13.3	26.6
Total fats	(g)	7.29	11
Saturated fats	(g)	1.2	6.43
Cholesterol	(mg)	10.6	3.55
Dietary fiber	(mg)	5.01	20
Vitamin B1	(mg)	0.15	9.8
Vitamin B3	(mg)	2.11	10.5
Vitamin C	(mg)	8	13
Manganese	(mg)	1.05	52.68
Magnesium	(mg)	41	10
phosphorus	(mg)	119	12
copper	(mg)	0.15	7.4
Sodium	(mg)	355	14

\*Based on 2000Cal diet

**Comments:** This convenient and quick low calorie recipe is a good source of lean protein, dietary fiber, B vitamins, Vitamin C and manganese. It also contributes healthy fats – omega 3 fatty acids that contribute to good heart health by decreasing blood triglyceride levels, slowing the buildup of plaques that contribute to the "hardening of the arteries," lowering blood pressure slightly, and reducing the risk of abnormal heart rhythms that can lead to sudden death.