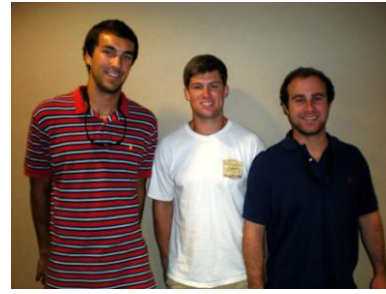


## ***Tuna Tacos (yields 10 servings)***

### **Ingredients and Amount**

1. One bag of low fat four cheese Mexican Blend
2. 2 packages of tortilla shells
3. 2.5 pounds of tuna filet
4. Blackened Seasoning (to taste)
5. 3 Avocados
6. One jar of Jack's Salsa
7. One head of lettuce



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### **Something Special**

A nice treat is to have some soysauce in the kitchen and have a fresh sushi appetizer with a few pieces of the uncooked tuna before the meal.



### **Method**

1. Prepare tuna into bite size pieces and coat with blackened seasoning to taste
2. Sear tuna approximately 2-3 minutes over medium high heat to desired temperature
3. Cut avocado into bite size pieces and set aside
4. Warm tortilla shells on open grill or microwave
5. Add tuna, cheese, avocado, salsa, and lettuce to each tortilla
6. Fold tortilla and slice in half for easier eating



### **Nutrient Analysis**

Recipe: Calories 3380, 258g Pro, 318g CHO, 135g Fat, 6523mg Na

Per Serving : Calories 338, 26g Pro, 32g CHO, 14g Fat, 652mg Na

### Tuna Tacos analysis

<b>Food</b>	<b>Grams</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fat(g)</b>	<b>Na(mg)</b>
Wrap	30	120	4	24	1.5	105
Cheese	28	80	8	1	6	190
Salsa	28	10	0	2	0	149
Seasoning	2.5	0	0	0	0	180
Tuna	57	60	13	0	.5	20
Avocado	75	60	.75	3.25	5.5	2.25
Lettuce	50	8	0	1.5	0	6
<b>TOTAL</b>	<b>270.5</b>	<b>338</b>	<b>25.75</b>	<b>31.75</b>	<b>13.5</b>	<b>652.25</b>
<b>Recipe</b>	<b>2705</b>	<b>3380</b>	<b>257.5</b>	<b>317.5</b>	<b>135</b>	<b>6522.5</b>