

**TUNA & COLESLAW PITA POCKET** 10 minutes 10 minutes 1 portion**INGREDIENTS**

- 1 cup, chopped of cabbage, mix white/red, (89 g)
- 1 Shallot, finely chopped (5 g)
- 2 tbsps of Low fat Mayonnaise (32 g)
- 1 pita bread, whole-wheat (64 g)
- 1 can of tuna in Springwater, drained (95 g)
- 1 tbsp of parsley, fresh (4 g)

COOKING METHOD

- 1° Place cabbage, shallot, mayonnaise and parsley in a bowl and toss to combine.
- 2° Cut pita in half crosswise and gently open to make pocket.
- 3° Place coleslaw and tuna into pita pocket. Season with salt and pepper and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (260 g)	% DRI
ENERGY	101 kcal	263 kcal	13 %
FAT	1 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	241 mg	627 mg	26 %
CARBOHYDRATE	17 g	43 g	14 %
SUGARS	3 g	7 g	—
FIBER	2 g	6 g	24 %
PROTEIN	8 g	22 g	—