# Italian Protein Tuna-Salad Recipe

## Nutrition Facts

Amount per Serving

| | |
|---|---|
| **Calories** | 282 kcal |
| **Protein** | 40.2g |
| **Carbohydrate** | 2.8g |
| **Fat** | 11g |

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:**

- 150g Tuna
- 30g Olives
- 80g Leaf salad
- 10ml Vinegar
- 5ml Olive oil
- Pepper
- Salt
- Garlic powder

**Preparation:**

Cut the leaf salad. Mix it with tuna and olives. Mix vinegar, olive oil, pepper, salt and garlic powder in a cup. Mix it with the salad.

Enjoy this Low-carb-Recipe and stay fit!