



Wild, Natural & Sustainable®

SALMON WRAP



INGREDIENTS

- 1 ripe avocado, seeded, peeled and mashed
- 1 Tbsp. mustard
- 2 tomatoes, cut in 8 wedges each
- 1 Tbsp. mayonnaise
- tsp. dried dill
- 4 (8-inch) whole wheat tortillas
- 1 (14.75 oz.) can pink Alaska Salmon, drained and chunked
- 1 large carrot, shredded
- 4 large lettuce leaves

INSTRUCTIONS

1. Mix avocado, mustard, mayonnaise, and dill.
2. Spread mixture down the middle of the tortillas.
3. Top with salmon, carrots and lettuce.
4. Roll up tortillas tightly.

Nutrition Facts

Serving Size 1 wrap

Servings per recipe 4

Amount Per Serving

Calories 387 Calories from Fat 161

% Daily Value

Total Fat 18g 28%

Saturated Fat 3g 18%

Trans Fat 0g

Omega-3 fatty acids 1.72g

Cholesterol 88mg 29%

Sodium 850mg 35%

Total Carbohydrate 28g 9%

Dietary Fiber 8g 31%

Sugars 3g

Protein 30g 60%

Vitamin A 136%

Vitamin C 13%

Vitamin D 152%

Calcium 33%

Iron 9%

Potassium 22%

Selenium 41.8mcg

A FACT ON CANNED SALMON

The American Heart Association and United States Department of Agriculture (USDA) recommend eating fish twice a week for a healthier heart.

FOR MORE RECIPES GO TO WWW.ALASKASEAFOOD.ORG