



Light Tuna and Microwaveable Brown Rice

Ingredients

- 1 can or pouch of chunk light tuna
- 2 cups Minute Rice brown rice

Instructions

Prepare the rice according to the manufacturer's instructions. Mix in the tuna and flavor with low-cal sauce to taste.

Nutrition Facts

Calories: 700
Protein: 44 g
Total Fat: 4 g
Total Carbs: 100 g

