



Spicy Tuna Salad Egg White Bites



Entire recipe: 193 calories, 4.5g total fat (1g sat. fat), 743mg sodium, 4.5g carbs, <0.5g fiber, 2g sugars, 31g protein

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Prep: 5 minutes



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Ingredients

One 2.6-oz pouch albacore tuna in water
2 tsp. whipped cream cheese
2 tsp. sriracha hot chili sauce, or more for topping
1 tsp. light mayonnaise
2 tbsp. chopped scallions, or more for topping
4 hard-boiled egg whites, sliced into halves

Directions

In a medium bowl, combine tuna, cream cheese, sriracha, and mayo. Mix until uniform.

Stir in scallions. Fill egg white halves with tuna mixture, about 1 tbsp. each.

MAKES 1 SERVING

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