

Sardine & Avocado Endive Wraps

3 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
2. Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three endive-filled leaves.

Additional Toppings

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

Ingredients

170 grams Sardines (packed in oil, drained)

1 Avocado (cubed)

1 head Endive (leaves separated)

Nutrition

Amount per serving

Calories	381	Vitamin D	164IU
Fat	25g	Vitamin E	5mg
Carbs	17g	Vitamin K	616µg
Fiber	15g	Thiamine	0.3mg
Sugar	1g	Riboflavin	0.5mg
Protein	26g	Niacin	7mg
Cholesterol	121mg	Vitamin B6	0.5mg
Sodium	324mg	Folate	454µg
Potassium	1630mg	Vitamin B12	7.6µg
Vitamin A	5797IU	Phosphorous	541mg
Vitamin C	27mg	Magnesium	101mg
Calcium	470mg	Zinc	4mg
Iron	5mg	Selenium	46µg