



## Salsa-fied Tuna Stacks



Entire recipe: 170 calories, 2g total fat (<0.5g sat fat), 626mg sodium, 17g carbs, 0.75g fiber, 1.5g sugars, 20.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 5 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

## Ingredients

One 2.6-oz. packet albacore tuna packed in water, drained if needed  
3 tbsp. salsa  
2 lightly salted rice cakes

## Directions

Empty tuna into a bowl. Add salsa and mix well. Evenly top rice cakes with the tuna-salsa mixture. Enjoy!

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.