

NR_key_name: BB41112CE0080B9A8525646500695B5B
SendTo: CN=Kevin Tiernan/O=ARRB @ ARRB
CopyTo:
DisplayBlindCopyTo:
BlindCopyTo: CN=R ecord/O=ARRB
From: CN=Laura Denk/O=ARRB
DisplayFromDomain:
DisplayDate: 03/25/1997
DisplayDate_Time: 2:15:22 PM
ComposedDate: 03/25/1997
ComposedDate_Time: 2:10:47 PM
Subject: statistics
okay --Albacore Tuna Salad = 490 calories- the Garden Salad part = 160 caloriesAlbacore Tuna alone = 330 caloriesOf the 330 calories, there are 27 fat grams. Each fat gram has 9 calories. $27 \times 9 = 243$ calories. 330 total calories in the albacore tuna - 243 calories from fat leaves 87 calories left over for protein.87 calories for protein AT MOST! and some of that is carbs.appalling.
Body:
recstat: Record
DeliveryPriority: N
DeliveryReport: B
ReturnReceipt:
Categories: