



A Nutrition Resource

# TUNA SALAD

Yield: 7 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.71

## Ingredients:

- 2 (5-ounce) cans tuna, drained
- 1 cup minced celery
- 2 Tablespoons mayonnaise
- 2 Tablespoons plain yogurt
- 1 cup seedless grapes, cut in half
- Lettuce leaves, washed and separated

## Directions:

- 1) Drain the cans of tuna.
- 2) Wash celery, grapes, and lettuce.
- 3) Collect, chop, and measure all ingredients before starting to prepare the recipe.
- 4) Stir together tuna, celery, mayonnaise, and yogurt in a bowl.
- 5) Add grapes to mixture and stir gently.
- 6) Cover and chill until ready to serve.
- 7) Serve on lettuce leaves.
- 8) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Try apples or mandarin oranges instead of grapes, add shredded carrots, or serve on crackers, tortillas, or bread.

## Nutrition Facts

7 servings per container

Serving size 1/2 Cup (97g)

Amount Per Serving  
**Calories 80**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 1mcg	4%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 192mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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