



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*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	18%
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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