

Tuna Salad

Perfect for a healthy lunchtime salad plate or sandwich.

Recipe details

Servings: 5

Serving size: ½ cup

Ingredients

- 2 cans (6 ounces each) tuna packed in water
- ½ cup celery, chopped
- ⅓ cup green onions, chopped
- 6½ tablespoons reduced-fat mayonnaise

Instructions

1. Rinse tuna and drain for 5 minutes. Break apart with a fork.
2. Add celery, onion and mayonnaise. Mix well.

Each serving provides

Calories: 146

Total fat: 7 grams

Saturated fat: 1 gram

Cholesterol: 25 milligrams

Sodium: 158 milligrams

Total fiber: 1 gram

Protein: 16 grams

Carbohydrates: 4 grams

Potassium: 201 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services