



# Tuna Salad in a cucumber

**Number of Servings:** 2  
**Calories Per Serving:** 246  
**PCF Ratio:** 46-23-30

Single Serving Comment: 1/2 of recipe

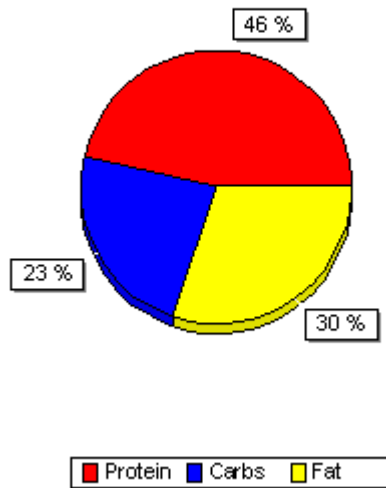
## Cooking Instructions

Ingredients:

- 200g Canned Tuna
  - 1/2 cup raw Celery
  - 4.5 tbsp Mayo type Light Salad Dressing
  - 1.5 tsp Lemon Juice
  - 4 raw peeled Cucumber
- (serves 2)

Combine tuna, celery, mayo and lemon juice. Cut a slice off each cucumber and scoop out seeds to form boats. Spoon salad into each boat.

46-23-30 Ratio



## Nutrition Information

Serving Size: 1/2 of recipe (521g)  
 Servings: 1

Amount Per Serving

**Calories** 250    **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g    **13%**

Saturated Fat 2g    **7%**

**Cholesterol** 40mg    **13%**

**Sodium** 660mg    **28%**

**Total Carbohydrate** 14g    **5%**

Dietary Fiber 3g    **12%**

Sugars 9 g

**Protein** 28 g

Vitamin A 8%    ■ Vitamin C 25%

Calcium 8%    ■ Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
TUNA, CANNED IN WATER	drained solids	200	200	232	51						
CELERY, RAW		1/2 cup	51	7.1	.3	1.5	.9	.3	.3	.3	.1
SALAD DRESSING, MAYO-TYPE, LIGHT		4 1/2 tbsp	72	166.3	.4	10.4	7.1				
LEMON JUICE, RAW		1 1/2 tsp	8	1.9	.0	.7	.2				
CUCUMBER, PEELED, RAW	6 3/8" long	4 1/2	711	85.3	4.2	15.4	9.8	4.5	5.3		

**Tuna Salad in a cucumber (continued)**

Recipe Total:

Single Serving Total:

1,041	492.6	56	27.9	18	4.8	5.6	.3	.1
781	246.3	28	13.9	9	2.4	2.8	.2	.0

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
TUNA, CANNED IN WATER				1.6	.5	.5	.1	60		34	114	.1	.1	26.6
CELERY, RAW			.8	.1	.0		.0			11.1	226.7	.0	.0	.2
SALAD DRESSING, MAYO-TYPE, LIGHT			.1	13.4	2.1			18.7			24.5			
LEMON JUICE, RAW			.0							.1	1.4			
CUCUMBER, PEELED, RAW			5	1.1	.1	.0	.0			28.4	511.9	.2	.2	.3
Recipe Total:			5.9	16.3	2.7	.6	.1	78.7		73.6	878.6	.3	.4	27
Single Serving Total:			2.9	8.1	1.3	.3	.1	39.4		36.8	439.3	.1	.2	13.5

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
TUNA, CANNED IN WATER	.4	.7	8	8		8	6				.7		22	54
CELERY, RAW	.1	.0	18.2	18.2		18.2			1.6		.1		20.2	5.6
SALAD DRESSING, MAYO-TYPE, LIGHT													3.6	
LEMON JUICE, RAW			1	1		1			3.5		.0		.5	.5
CUCUMBER, PEELED, RAW	1.7	.4	99.5	99.5		99.5			22.8		.2		99.5	85.3
Recipe Total:	2.3	1.1	126.7	126.7		126.7	6		27.8		1		145.9	145.3
Single Serving Total:	1.1	.6	63.4	63.4		63.4	3		13.9		.5		72.9	72.7

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
TUNA, CANNED IN WATER	326	474	676			.1			3.1	.0		160.8	1.5
CELERY, RAW	12.1	131.3	40.4			.0			.1	.1		.2	.1
SALAD DRESSING, MAYO-TYPE, LIGHT	9.4	16.6	591.1						.1				
LEMON JUICE, RAW	.5	9.5	.1										
CUCUMBER, PEELED, RAW	149.3	967	14.2			.5			1.6	.5		.7	1.2

**Tuna Salad in a cucumber (continued)**

Recipe Total:	497.2	1598.3	1321.8			.6			4.9	.6	161.7	2.8
Single Serving Total:	248.6	799.1	660.9			.3			2.4	.3	80.9	1.4