



Tuna Salad

Number of Servings: 1
Calories Per Serving: 287
PCF Ratio: 45-26-29

Single Serving Comment: 1 serving

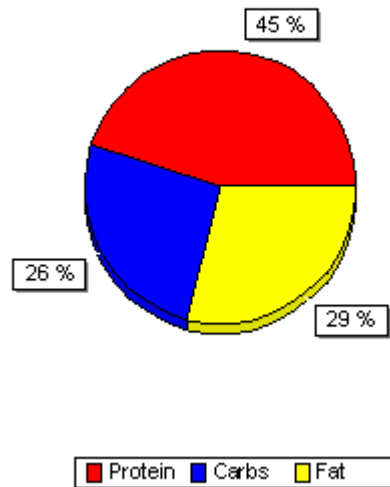
Cooking Instructions

Ingredients:

- 120 grams Tuna in water
- 1/3 Cup of Celery
- 1/4 Cup, Spring Onions
- 1/4 Cup, Sweet Red Pepper
- 2 teaspoon Lemon Juice
- 1 Tablespoon Seedless Raisins
- 1.5 oz Light Salad Dressing or Balsamic Vinegar

Using a fork, flake tuna into a bowl. Add all other ingredients and mix well.

45-26-29 Ratio



Nutrition Information

Serving Size: 1 serving (275g)
 Servings: 1

Amount Per Serving

Calories 290 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **8%**

Cholesterol 45mg **16%**

Sodium 800mg **33%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **9%**

Sugars 12 g

Protein 32 g

Vitamin A 25% ■ Vitamin C 90%

Calcium 6% ■ 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	120	120	139.2	30.6						
CELERY, RAW		1/2 cup	51	7.1	.3	1.5	.9	.3	.3	.3	.1
ONION, SPRING OR SCALLIONS, RAW	w/tops & bulb, chopped	1/4 cup	25	8	.5	1.8	.6				
RED PEPPER, SWEET, RAW	sliced	1/4 cup	23	6	.2	1.4	1	.4	.5		
LEMON JUICE, CANNED OR BOTTLED		1 tsp	5	1.1	.0	.3	.1				
RAISIN, SEEDLESS	not packed	1 tbsp	9	27.1	.3	7.2	5.4	2.5	2.7		.0

Tuna Salad (continued)

SALAD DRESSING, MAYO-TYPE, LIGHT		1.5 oz	43	98.2	.3	6.1	4.2						
Recipe Total:			275	286.6	32.2	18.3	12.2	3.2	3.5	.3	.1		
Single Serving Total:			275	286.6	32.2	18.3	12.2	3.2	3.5	.3	.1		

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	.3	.3	.1	36		20.4	68.4	.0	.1	15.9
CELERY, RAW			.8	.1	.0		.0		11.1	226.7	.0	.0	.0	.2
ONION, SPRING OR SCALLIONS, RAW			.6	.0			.0		12.5	249.3	.0	.0	.0	.1
RED PEPPER, SWEET, RAW			.5	.1	.0	.0	.0		36.1	720.1	.0	.0	.0	.2
LEMON JUICE, CANNED OR BOTTLED			.0	.0					.1	.8				.0
RAISIN, SEEDLESS			.3	.0									.0	.1
SALAD DRESSING, MAYO-TYPE, LIGHT			.0	7.9	1.2			11.1		14.5				
Recipe Total:			2.3	9.2	1.6	.3	.1	47.1		80.2	1279.7	.1	.2	16.5
Single Serving Total:			2.3	9.2	1.6	.3	.1	47.1		80.2	1279.7	.1	.2	16.5

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	.3	.4	4.8	4.8		4.8	3.6				.4		13.2	32.4
CELERY, RAW	.1	.0	18.2	18.2		18.2			1.6		.1		20.2	5.6
ONION, SPRING OR SCALLIONS, RAW	.0	.0	16	16		16			4.7		.1		18	5
RED PEPPER, SWEET, RAW	.1	.1	4.1	4.1		4.1			43.7		.4		1.6	2.8
LEMON JUICE, CANNED OR BOTTLED			.5	.5		.5			1.2				.6	.4
RAISIN, SEEDLESS		.0	.5	.5		.5			.2		.0		4.5	2.9
SALAD DRESSING, MAYO-TYPE, LIGHT													2.1	
Recipe Total:	.5	.6	44.1	44.1		44.1	3.6		51.4		1.1		60.2	49
Single Serving Total:	.5	.6	44.1	44.1		44.1	3.6		51.4		1.1		60.2	49

Tuna Salad (continued)

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	195.6	284.4	405.6			.1			1.8	.0		96.5	.9
CELERY, RAW	12.1	131.3	40.4			.0			.1	.1		.2	.1
ONION, SPRING OR SCALLIONS, RAW	9.3	69	4			.0			.4	.0		.2	.1
RED PEPPER, SWEET, RAW	6	48.5	.5						.1	.0		.0	.1
LEMON JUICE, CANNED OR BOTTLED	.5	5.1	1.1										
RAISIN, SEEDLESS	9.2	67.9	1			.0			.2	.0		.1	.0
SALAD DRESSING, MAYO-TYPE, LIGHT	5.5	9.8	349.1						.1				
Recipe Total:	238.1	616	801.6			.1			2.7	.2		96.9	1.2
Single Serving Total:	238.1	616	801.6			.1			2.7	.2		96.9	1.2