



Tuna Salad

Servings: 7

Serving Size: 1/2 cup

Ingredients:

- 2 (6 ounce) cans tuna packed in water, drained
- 1 1/2 stalks celery, washed and chopped
- 2 Tablespoons reduced-fat mayonnaise
- 2 Tablespoons non-fat plain yogurt
- 1 cup seedless grapes, washed and cut in half
- Lettuce leaves, washed and separated

Directions:

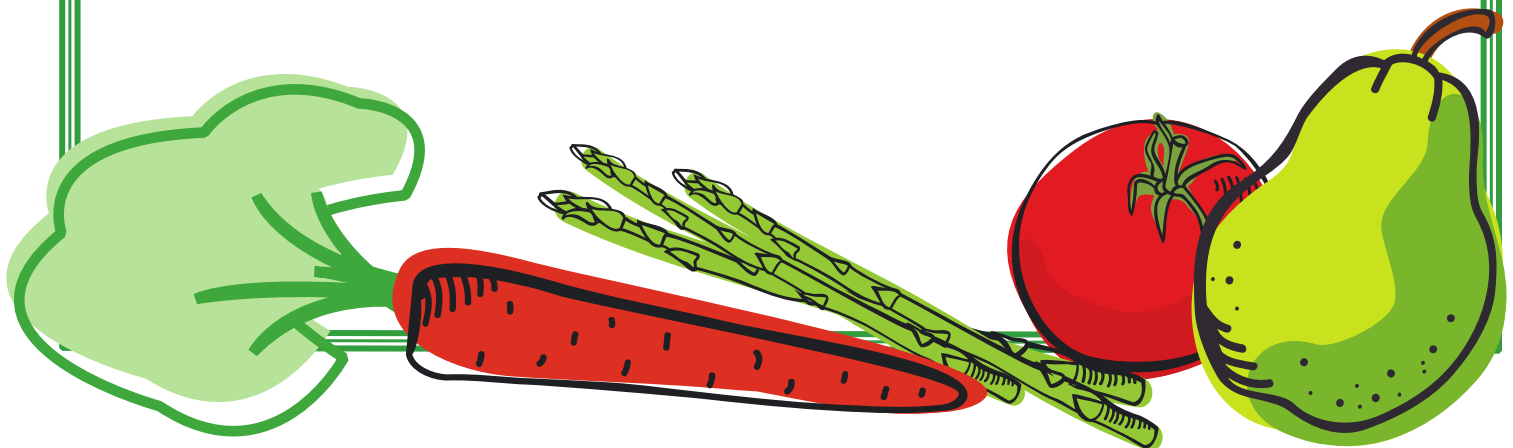
1. In a medium sized bowl, combine drained tuna, celery, mayonnaise, and yogurt. Stir.
2. Add grapes to mixture and stir gently.
3. Cover and chill until ready to serve.
4. Serve over lettuce leaves.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 7	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 70mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 13g	
Vitamin A 6%	Vitamin C 6%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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