



## 825644 - Best Tuna Salad

Source: Starkist

Number of Portions: 20

Size of Portion: #10 disher

### Components:

Meat/Alt: 2 oz  
Grains: 2 oz  
Fruit:  
Vegetable: 0.5 cup  
Milk:

### Recipe Subgroups:

Vegetable, Red/Orange  
Vegetable, Other  
Whole Grain Rich

### Attributes:

Legumes

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
001287 YOGURT,GREEK,PLN,LOWFAT..... 826496 Mayonnaise, Regular, Dukes..... 011282 ONIONS,RAW..... 011945 PICKLE RELISH,SWEET..... 009153 LEMON JUC FROM CONC,CND OR BTLD..... 799903 GARLIC,GRANULATED..... 011143 CELERY,RAW..... 825594 Tuna, Pouch, 43 oz, Starkist 22120.....	1 cup 1 cup 1/4 CUP (chopped) 1/4 cup 2 Tbsp + 2 tsp 1 tsp 1 CUP (diced) 1 pouch, 43 oz	CCP: No bare hand contact with ready to eat foods. 1. Combine Greek yogurt, mayonnaise, onion, pickle relish, lemon juice, and garlic in a large bowl. Add diced celery. Then add undrained tuna and using fresh gloves, crumble into small pieces. Mix gently until all ingredients are combined.
018966 CRACKERS,SALTINES,WHL WHEAT (INCLUDES MU.... 011205 CUCUMBER,WITH PEEL,RAW..... 011960 CARROTS,BABY,RAW.....	80 pkg, 4 ct 1 qt + 1 CUP (slices) 1 qt + 1 cup	Serve a #10 disher of tuna salad with 2 oz eq WGR crackers, 1/4 cup cucumber slices, and 1/4 cup baby carrots.

\*Nutrients are based upon 1 Portion Size (#10 disher)

Calories	365 kcal	Cholesterol	41 mg	Sugars	*4.8* g	Calcium	39.28 mg	37.89%	Calories from Total Fat
Total Fat	15.35 g	Sodium	960 mg	Protein	18.99 g	Iron	3.76 mg	3.38%	Calories from Saturated Fat
Saturated Fat	1.37 g	Carbohydrates	38.90 g	Vitamin A	8396.7 IU	Water <sup>1</sup>	*103.28* g	*0.02%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.01* g	Dietary Fiber	5.08 g	Vitamin C	3.0 mg	Ash <sup>1</sup>	*2.50* g	42.68%	Calories from Carbohydrates
								20.84%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.