

Waldorf Tuna Salad with Veggies & Crackers

Yield: 5 servings

Serving size: ¾ cup salad, 1 cup veggies, 5 crackers

Prep Time: 15 minutes



Ingredients

- ✓ 8 ounces tuna packed in water
- ✓ 3 Tablespoons light mayonnaise
- ✓ ¾ cup sliced grapes
- ✓ 1/3 cup sliced almonds
- ✓ ¾ cup chopped carrots
- ✓ ¾ cup chopped celery
- ✓ 2 cups baby carrots
- ✓ 2 cups red pepper strips
- ✓ 25 whole grain crackers

Directions:

1. Mix tuna, mayo, grapes, almonds, carrots, and celery gently together in a bowl and chill.
2. Portion out ¾ cup tuna salad to enjoy with baby carrots, peppers, and crackers!

Nutrition Facts:

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Serving Size (263g)	
Servings Per Container	
Amount Per Serving	
Calories 390	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 1.5g	8%
Trans Fat 2.5g	
Cholesterol 15mg	5%
Sodium 470mg	20%
Total Carbohydrate 45g	15%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 17g	
Vitamin A 240%	• Vitamin C 140%
Calcium 6%	• Iron 15%
*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	

Lifestyle Tips:

Did you know that only coffee and sugar exceed tuna sales per foot of shelf space in US grocery stores? This is probably because it is an inexpensive way to get quality protein.

Tuna is low in fat and high in protein. It is also rich in Omega-3 fatty acids which help to curb dementia, cognitive decline and inflammatory disorders, just to name a few.

Lucky for us, tuna is also delicious!