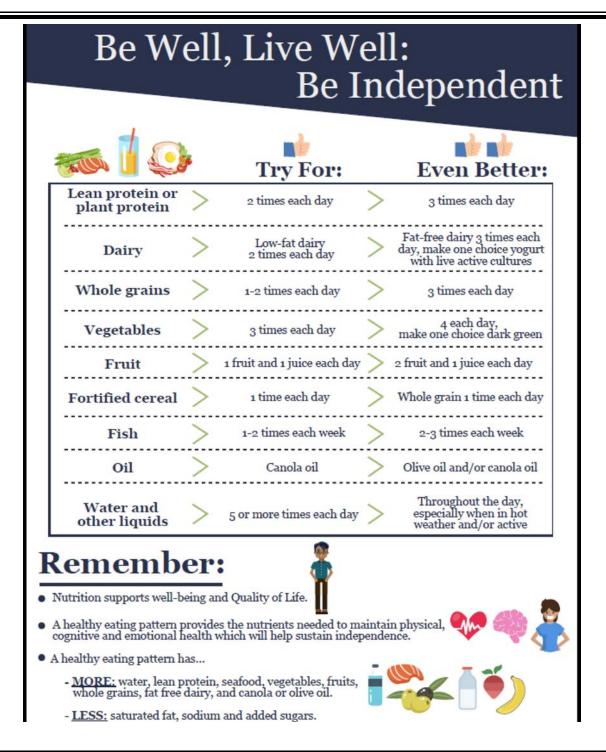


IN THE KNOW ABOUT NUTRITION

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Recipe: Tuna Salad



Tuna Mandarin Salad

Nutrition Facts

2 servings per container

Amount per serving Calories	350
	% Daily Value
Total Fat 13g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 360mg	16%
Total Carbohydrate 35g	13%
Dietary Fiber 9g	32%
Total Sugars 22g	
Includes 0g Added Sug	ars 0%
Protein 30g	
Vitamin D 1mcg	6%
Calcium 164mg	15%
Iron 7mg	40%
Potassium 684mg	15%

*Note: Nutrition Facts Label does not include lemon vinaigrette nutrition information

Salad Ingredients

1 package (6 ounces) mixed baby greens, or 10 loosely packed cups

2 cans (5 ounces each) tuna, drained and flaked

1 Granny Smith apple, cored and diced

1 can (11 ounces) mandarin orange segments, in juice, drained

1/2 cup (2 ounces) sliced almonds

Salad Directions

Makes: 2 servings

Wash your hands and clean your cooking area.

Wash your fruits and vegetables if needed.

3) Portion out the 6-ounce bag of baby greens evenly on two plates (3 ounces on each plate or 5 cups of loosely packed baby greens).

4) On each bed of greens add: 1 can of tuna, 1/2 of the diced apple, 1/2 can of mandarin orange segments, and 1 ounce of sliced almonds.

5) Top with your favorite dressing! Try our lemon vinaigrette! See recipe below:

Lemon Vinaigrette

Makes: 2 servings

Ingredients

Directions

2 tablespoons olive oil 2 tablespoons lemon juice

1/8th teaspoon garlic powder Dash of salt (1/8th teaspoon)

1) Combine all ingredients in a small bowl or ramekin. Whisk to combine.

1/4 teaspoon pepper

Vinaigrette Nutrition Facts:

Serving size: 2 tbsp, 2 servings per container, Calories 120, Total Fat 14g, Saturated Fat 2g, Sodium 150 mg, Total Carbohydrate 1 g, Added Sugars og.

Designed by: Marissa Albers, Technician II, Food & Nutrition Unit The members of Texas A&M Agril ife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression.© Texas A&M Agrillife Extension Service, 10/15, Revised 2/18.

