

Tuna Salad

Component: Meat/Meat Alternate

Main Dish

F-11 modified

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Canned tuna, water-packed, chunk, chilled	8 lb 5 oz	1 gal 2 qt (2 66 ½ oz cans)			1. Drain and flake tuna. 2. Combine tuna, onions, celery, pickle relish, dry mustard, and salad dressing or mayonnaise. Mix lightly until well blended. 3. Cover and refrigerate until ready to use. 4. CCP: Cool to 41° F or lower within 4 hours. 5. CCP: Hold at 41° F or colder.
*Fresh onions (optional), finely chopped (pieces no larger than ½ inch) OR Dehydrated onions (optional)	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp			
*Fresh celery, chilled, finely chopped (pieces no larger than ½ inch)	2 lb	1 qt 3 ¾ cups			
Sweet pickle relish, undrained	8 oz	1 cup			
Dry mustard		1 ½ tsp			
Reduced calorie salad dressing OR Low-fat mayonnaise	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 ½ cups			

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Notes:

Nutrient information from Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	12 oz	
Celery	2 lb 8 oz	

Serving: ½ cup provides 2 oz equivalent meat/meat alternate and ⅛ cup of vegetable

1-2 years: ¼ cup

3-5 years: ⅜ cup

6-18 Years: ½ cup

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	101.24	Saturated Fat	0.01 g	Iron	0.10 mg
Protein	14.10 g	Cholesterol	32.00 mg	Calcium	9.23 mg
Carbohydrate	6.17 g	Vitamin A	7.13 RAE mcg	Sodium	540.45 mg
Total Fat	2.31 g	Vitamin C	1.07 mg	Dietary Fiber	2.16 g