

Tuna Salad

Meat/Meat Alternate

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)			<p>1. Drain and flake tuna.</p> <p>2. Combine tuna, onions, celery, pickle relish, dry mustard, and salad dressing or mayonnaise. Mix lightly until well blended.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>3. Cover and refrigerate until ready to use.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety.</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p>
*Onions, raw finely chopped (pieces no larger than ⅛ inch) OR (may omit fresh onions) Dehydrated onions	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp			
*Celery, fresh, chilled, finely chopped (pieces no larger than ⅛ 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	1 lb 8 oz
Celery	2 lb 8 oz	5 lb

Serving: ½ cup provides 2 oz equivalent meat/meat alternate and ⅛ cup of vegetable	Yield:	Volume:
1-2 years: ¼ cup	50 Servings:	50 Servings:
3-5 years: ⅜ cup		
6-18 Years: ½ cup	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	101.24	Saturated Fat	0.01 g
Protein	14.10 g	Cholesterol	32.00 mg
Carbohydrate	6.17 g	Vitamin A	7.13 RAE mcg
Total Fat	2.31 g	Vitamin C	1.07 mg
		Iron	0.10 mg
		Calcium	9.23 mg
		Sodium	540.45 mg
		Dietary Fiber	2.16 g (2016 = 0.46 g)