

# Crunchy Tuna Salad in Pepper Boats

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## Servings: 4

*2 large green or yellow peppers, halved lengthwise and seeded*

*1/2 cup Miracle Whip®*

*2 cans (6.5 ounce) tuna in water, drained and flaked*

*1/4 cup carrot, chopped*

*1/4 cup celery, chopped*

*1/4 cup red onion, chopped*

*1/4 cup chopped pecans (optional)*

## Preparation Time: 20 minutes

### Cook Time: 1 minute

Place the pepper halves on a plate. Microwave on HIGH for 1 minute. Chill.

In a bowl, mix together the Miracle Whip, tuna, carrot, celery, red onion and pecans until well blended.

Chill.

Serve in the pepper halves.

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Per Serving (excluding unknown items): 238 Calories; 15g Fat (56.1% calories from fat); 20g Protein; 6g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 460mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 3 Fat; 1/2 Other Carbohydrates.

Salads

## Per Serving Nutritional Analysis

Calories (kcal):	238	Vitamin B6 (mg):	.3mg
% Calories from Fat:	56.1%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	10.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	33.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	8mcg
Saturated Fat (g):	2g	Niacin (mg):	10mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	33mg	% Refuse:	n n%
Carbohydrate (g):	6g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0

**Protein (g):** 20g  
**Sodium (mg):** 460mg  
**Potassium (mg):** 246mg  
**Calcium (mg):** 16mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 2314IU  
**Vitamin A (r.e.):** 240RE

**Lean Meat:** 3  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 238 Calories from Fat: 133

#### % Daily Values\*

<b>Total Fat</b>	15g	23%
	Saturated Fat 2g	11%
<b>Cholesterol</b>	33mg	11%
<b>Sodium</b>	460mg	19%
<b>Total Carbohydrates</b>	6g	2%
	Dietary Fiber 1g	2%
<b>Protein</b>	20g	
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<b>Vitamin A</b>		46%
<b>Vitamin C</b>		3%
<b>Calcium</b>		2%
<b>Iron</b>		7%

\* Percent Daily Values are based on a 2000 calorie diet.