

Mediterranean Tuna Salad

Jennifer Perillo
Relish Magazine - April 2013

Servings: 4

3 hard-cooked eggs, peeled and diced
1 can (6 ounce) tuna, packed in water, strained
2 tablespoons red onion, finely chopped
1/4 cup pitted kalamatta or black olives, sliced
1/4 cup feta cheese, crumbled
3 teaspoons extra-virgin olive oil
1/2 teaspoon red wine vinegar
freshly ground black pepper
4 cups mixed greens

Combine the eggs, tuna, onion, olives and feta cheese.

In a small bowl, combine the olive oil and vinegar. Whisk until well blended.

Add to the tuna mixture. Season with pepper.

Serve over mixed greens.

Per Serving (excluding unknown items): 129 Calories; 9g Fat (64.7% calories from fat); 8g Protein; 4g Carbohydrate; 2g Dietary Fiber; 167mg Cholesterol; 165mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	129
% Calories from Fat:	64.7%
% Calories from Carbohydrates:	12.2%
% Calories from Protein:	23.1%
Total Fat (g):	9g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	167mg
Carbohydrate (g):	4g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	125mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Grain (Starch):	0
-----------------	---

Protein (g): 8g
Sodium (mg): 165mg
Potassium (mg): 260mg
Calcium (mg): 124mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 40mg
Vitamin A (i.u.): 3220IU
Vitamin A (r.e.): 372RE

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 129 **Calories from Fat:** 84

% Daily Values*

Total Fat 9g	15%
Saturated Fat 3g	15%
Cholesterol 167mg	56%
Sodium 165mg	7%
Total Carbohydrates 4g	1%
Dietary Fiber 2g	8%
Protein 8g	
<hr/>	
Vitamin A	64%
Vitamin C	66%
Calcium	12%
Iron	7%

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