

Tuna-Stuffed Potatoes

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CommunityTable.com

Servings: 4

4 large potatoes, baked
2 cans (5 ounce ea) tuna in oil,
drained
1 cup reduced-fat mayonnaise
1 teaspoon mustard
1/2 cup chopped pickles
1 green onion, sliced
1/4 cup parsley, chopped
1/2 teaspoon salt
1/2 teaspoon pepper
parsley (for garnish)

Preheat the oven to 400 degrees.

Slice the baked potatoes in half lengthwise.
Scoop out the flesh into a large bowl.

Add the tuna, mayonnaise, mustard, pickles,
green onion, parsley, salt and pepper. Mix
thoroughly.

Pile the tuna mixture into the hollowed potatoes.
(There may be leftover filling.) Place the
potatoes on a baking sheet.

Bake for 15 minutes. Then broil until crispy,
about 3 minutes.

Remove from the oven. Sprinkle with additional
parsley.

Per Serving (excluding unknown
items): 390 Calories; 22g Fat
(50.3% calories from fat); 22g
Protein; 27g Carbohydrate; 2g
Dietary Fiber; 32mg Cholesterol;
806mg Sodium. Exchanges: 1 1/2
Grain(Starch); 3 Lean Meat; 0
Vegetable; 3 Fat; 0 Other
Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	390	Vitamin B6 (mg):	.4mg
% Calories from Fat:	50.3%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	27.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	22.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	22g	Folacin (mcg):	29mcg
Saturated Fat (g):	3g	Niacin (mg):	10mg

Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	32mg
Carbohydrate (g):	27g
Dietary Fiber (g):	2g
Protein (g):	22g
Sodium (mg):	806mg
Potassium (mg):	840mg
Calcium (mg):	29mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	30mg
Vitamin A (i.u.):	268IU
Vitamin A (r.e.):	38 1/2RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 390 Calories from Fat: 196

% Daily Values*

Total Fat 22g	34%
Saturated Fat 3g	14%
Cholesterol 32mg	11%
Sodium 806mg	34%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	9%
Protein 22g	

Vitamin A	5%
Vitamin C	50%
Calcium	3%
Iron	12%

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