



TUNA, CHUNK LIGHT, IN WATER, CANNED

Date: October 2016

Code: 100194

PRODUCT DESCRIPTION

- Canned chunk light tuna in water is fully cooked and can be eaten without heating, or added to your favorite recipe to be served either hot or cold.

PACK/YIELD

- 100194: 24/12 oz. can

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Look at the date indicated on the can before use.
- Store remaining opened tuna in a tightly covered container in the refrigerator. Use within 4 days.

PREPARATION/COOKING

- Canned tuna is fully cooked, so it is safe to eat without further cooking.
- If heated, serve right away or store leftovers in the refrigerator.

USES AND TIPS

- Use in salads, casseroles, sandwiches, or main dishes both hot and cold.

NUTRITION INFORMATION

- 1 ounce of canned tuna counts as 1 ounce in the MyPlate.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving of tuna is about 3 ounces.

- A 3 ounce serving of tuna provides 22 grams of protein.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away.**
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away.**

OTHER RESOURCES

- www.choosemyplate.gov
- <http://www.whatscooking.fns.usda.gov>
- www.nutrition.gov
- www.choosemyplate.gov

NUTRITION FACTS

Serving size: 3 ounces (85g) canned tuna, packed in water, drained

Amount Per Serving			
Calories	100	Calories from Fat	5
		% Daily Value*	
Total Fat	0.5g		1%
	Saturated Fat 0g		0%
	<i>Trans</i> Fat 0g		
Cholesterol	25mg		8%
Sodium	290mg		12%
Total Carbohydrate	0g		0%
	Dietary Fiber 0g		0%
	Sugars 0g		
Protein	22g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet.

TUNA PATTIES

MAKES 5 SERVINGS

Ingredients

- 1 can (12 ounces) tuna packed in water, drained
- ¼ cup dehydrated potatoes
- ¼ cup celery, chopped into small pieces
- ¼ cup carrots in small pieces (or drained, low-sodium canned carrots)
- 1 clove garlic, finely chopped (if you like)
- 1 teaspoon parsley (if you like)
- 1 teaspoon black pepper
- ¼ cup mayonnaise (if you like)

- 1 teaspoon mustard (if you like)
- ½ cup breadcrumbs (if you like)
- 2 tablespoons vegetable oil

Directions

1. In a large bowl, mix together all of the ingredients except the breadcrumbs and vegetable oil. If using parsley, add that too.
2. Shape mixture into 2-inch balls.
3. Roll balls in the breadcrumbs.
4. Heat oil in a skillet over medium heat.
5. Place balls into hot oil and flatten with spatula.
6. Cook on both sides until golden brown, about 1 to 2 minutes per side.

Nutrition Information for 1 serving (1 patty) Tuna Patties							
Calories	220	Cholesterol	25 mg	Sugar	2 g	Vitamin C	3 mg
Calories from Fat	90	Sodium	420 mg	Protein	18 g	Calcium	37 mg
Total Fat	11 g	Total Carbohydrate	13 g	Vitamin A	65 RAE	Iron	2 mg
Saturated Fat	1.5 g	Dietary Fiber	1 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.

TUNA NOODLE CASSEROLE

MAKES 6 SERVINGS

Ingredients

- 8 ounces macaroni, uncooked
- 1 can (12 ounces) tuna, drained
- ½ cup skim evaporated milk
- 1 cup low-fat cheddar cheese, shredded
- 1 can (about 10 ½ ounces) condensed, low-sodium, cream of mushroom soup
- ½ cup onion, chopped
- ½ cup green pepper, chopped
- 1 cup celery, chopped
- Black pepper to taste
- ½ cup breadcrumbs (if you like)
- Nonstick cooking spray (if you like)

Directions

1. Preheat oven to 425 degrees F.
2. Cook macaroni according to directions on the package.
3. In a large bowl, mix macaroni, tuna, evaporated milk, shredded cheese, cream of mushroom soup, onion, green pepper, and celery. Season with black pepper.
4. Coat 9x13-inch baking dish with nonstick cooking spray.
5. Place tuna mixture in baking dish.
6. Sprinkle with breadcrumbs.
7. Bake uncovered for 15 minutes.

Nutrition Information for 1 serving Tuna Noodle Casserole							
Calories	330	Cholesterol	25 mg	Sugar	6 g	Vitamin C	12 mg
Calories from Fat	45	Sodium	570 mg	Protein	25 g	Calcium	175 mg
Total Fat	5 g	Total Carbohydrate	43 g	Vitamin A	48 RAE	Iron	3 mg
Saturated Fat	2.5 g	Dietary Fiber	3 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.