

## Tuna, Chunk Light, In Water, Canned

MyPlate Food Group: **Protein**



### 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.

### Storage

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened tuna in a tightly covered container in the refrigerator. Use within 4 days.

### 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 Protein group. For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

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

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

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Tuna Patties

**Makes about 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.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>

## Tuna Noddle Casserole

**Makes about 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

## 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.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>