



Cornell University
Cooperative Extension
New York City



Tuna-Carrot Spread

Ingredients:

- 1 can (6 ounces) chunk light tuna in water, drained
- 1 carrot, grated
- 2 tablespoons light mayonnaise
- 2 tablespoons onion, chopped
- 2 tablespoons cilantro, chopped

Directions:

1. Mix all ingredients well and spread on whole wheat bread or crackers.

Yields about 4 servings

Nutrition Facts

servings per container	
Serving size 5 tablespoons (74g)	
Amount per serving	
Calories 70	
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 148mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tuna-Carrot Spread with Avocado

Ingredients:

- 1 can (6 ounces) chunk light tuna in water, drained
- 1 carrot, grated
- ½ medium avocado, mashed
- ½ teaspoon lime juice (to prevent avocado from browning)
- 2 tablespoons onion, chopped
- 2 tablespoons cilantro, chopped

Directions:

1. Mix all ingredients well and spread on whole wheat bread or crackers.

Yields about 4 servings

Nutrition Facts

servings per container	
Serving size 5.4 tablespoons (81g)	
Amount per serving	
Calories 70	
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 115mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 221mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Cornell University Cooperative Extension in New York City

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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