

Greek Tuna Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-tuna-recipe>

Ingredients:

- 5 ounces tuna drained
- 1/4 cup cucumber chopped, about 1 Persian cucumber
- 1 1/2 tablespoons sun-dried tomatoes chopped
- 2 tablespoons crumbled feta
- 1/2 teaspoon dried dill
- 1/3 cup non fat greek yogurt
- 1 tablespoon milk
- 2 teaspoons salad dressing oil-based, Italian, Greek, or similar
- 1/2 avocado mashed
- salt
- pepper

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 310 milligrams
9. Sugar: 3 grams

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