

# Southern Tuna Salad

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 7 ounces tuna water packed
- 2 teaspoons fresh lemon juice
- 2 tablespoons celery finely chopped
- 1 large egg hard boiled and chopped
- 2 tablespoons dill pickle chopped
- 1 tablespoon shallot grated
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper 4 or 5 turns on the pepper grinder
- 1 tablespoon Italian parsley chopped
- lettuce unchecked?, optional
- tomato unchecked?, optional
- cucumber unchecked?, optional

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 75 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 470 milligrams
9. Sugar: 2 grams

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