

# Tuna Salad Lettuce Wraps with Capers and Tomatoes

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/canned-tuna-curry-recipe-indian>

## Ingredients:

- 11 ounces canned tuna good quality, I used Tonno Genova Tuna Packed in Olive Oil.
- 1/4 cup mayo or light mayo
- 1 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- 1/4 teaspoon celery seed
- 1/4 teaspoon salt Vege-Sal, or a slightly smaller amount of
- 1/2 cup chopped celery finely
- 1 tablespoon capers chopped
- 2 green onions thinly sliced
- 8 lettuce leaves large, washed and dried, romaine, iceberg or butter lettuce will work for this
- 1/2 cup cherry tomatoes chopped, optional

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 1 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 340 milligrams
9. Sugar: 3 grams

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