

Fiesta Tuna

SERVING: 1 CUP
YIELD: 6

PREP TIME: 15 MIN
TOTAL TIME: 15 MIN

Ingredients

- 3 Limes, juice
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Chili Powder
- 1/2 tbsp Cayenne Pepper
- 2 tsp Garlic Powder
- 1/2 tsp Smoked Paprika
- 1/2 tsp Cumin
- 1/2 tsp Pepper
- 1/4 tsp Salt
- 1 can Tuna, drained and rinsed (12 oz)
- 1 can Black Beans, drained and rinsed (15 oz)
- 1 can Corn, no salt added, drained and rinsed
- 1 Green Bell Pepper, chopped
- 1/2 cup Carrots, diced
- 1/2 Red Onion, diced

Nutrition Facts

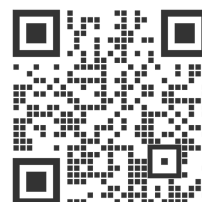
6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 250mg	11%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0.6mcg	4%
Calcium 60mg	4%
Iron 2.3mg	15%
Potassium 450mg	10%
* The % Daily Value (DV) 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.	

Directions

1. In a large bowl, WHISK lime juice, oil and all seasonings.
2. In the same bowl, ADD the remaining ingredients.
3. MIX all the ingredients together.
Recommended: CHILL for at least 2 hours before serving.

*Recipe adapted from
getfreshcooking.com

*Cost information includes
lower cost ingredients found at
local grocery store 10/31/22.



Cost Per Recipe

\$5.31

Cost Per Serving

\$0.89

Protein Content of Foods

Meat, Poultry, Eggs:

Food (Cooked)	Serving Size	Calories	Protein (g)
Chicken, skinless	3 oz	141	28
Steak	3 oz	158	26
Turkey, roasted	3 oz	135	25
Lamb	3 oz	172	23
Pork	3 oz	122	22
Ham	3 oz	139	14
Egg, large	1 egg	71	6

Seafood:

Food (Cooked)	Serving Size (oz)	Calories	Protein (g)
Salmon	3	155	22
Tuna	3	99	22
Shrimp	3	101	20
Lobster	3	76	16
Scallops	3	75	14

Legumes, Grains, Vegetables:

Name of Food (Cooked)	Serving Size (cup)	Calories	Protein (g)
Pinto Beans	½	197	11
Adzuki Beans	½	147	9
Lentils	½	101	9
Edamame	½	95	9
Black Beans	½	114	8
Red Kidney Beans	½	112	8
Chickpeas	½	134	7
Black-eyed Peas	½	100	7
Fava Beans	½	94	7
Wheat Berries	½	151	6
Kamut	½	126	6
Lima Beans	½	105	6
Quinoa	½	111	4
Peas, Green	½	59	4
Spinach, cooked	½	41	3

