



## Cranberry Tuna Slaw



1/4th of recipe (about 1 1/3 cups): 118 calories, 2g total fat (<0.5g sat fat), 270mg sodium, 16.5g carbs, 3.5g fiber, 9.5g sugars, 8.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 5 minutes

**Chill:** 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

- 4 cups broccoli cole slaw (about one 10-oz. container or one 12-oz. bag)
- 1/2 cup canned water chestnuts, drained and roughly chopped
- 1/4 cup sweetened dried cranberries, chopped
- 1/4 cup light sesame ginger dressing (like Newman's Own Sesame Ginger Dressing)
- One 5-oz. can albacore tuna packed in water
- 1/4 cup chopped scallions
- 2 tsp. sesame seeds

### Directions

Place slaw, chopped water chestnuts, and chopped cranberries in a large bowl. Add dressing, and stir to coat.

Drain tuna, add to the bowl, and stir to mix. Cover and refrigerate until chilled, at least 15 minutes.

Serve topped with scallions and sesame seeds.

**MAKES 4 SERVINGS**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.