



## Fruity Tuna Salad



Entire recipe: 275 calories, 8g total fat (1g sat fat), 477mg sodium, 33g carbs, 6g fiber, 22.5g sugars, 21g protein

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

**Prep:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

One 2.6-oz. pouch albacore tuna in water  
1/4 cup chopped apple  
1/4 cup halved red seedless grapes  
1/4 cup chopped cucumber  
2 tbsp. sweetened dried cranberries  
1 1/2 tbsp. light mayonnaise  
4 cups chopped romaine lettuce  
Optional: low-fat or fat-free balsamic vinaigrette

### Directions

In a medium container with a lid, combine all ingredients *except* lettuce and vinaigrette. Mix well.

Just before eating, top lettuce with tuna mixture. Drizzle with vinaigrette, if you like!

MAKES 1 SERVING

[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.