

Tuna Cone-wich

6-ounce can water-pack tuna, drained
2 hard-cooked eggs, peeled and finely chopped
1/4 cup sweet pickle relish
1/2 cup chopped celery
1/3 cup mayonnaise-type salad dressing
small cones or cone-shaped crackers



Mix first five ingredients in medium bowl. Stuff mixture in small cones for serving, or with cone-shaped crackers for tasting.

Serving hint: Tuna salad goes well with whole-wheat crackers if cones are not available. Be sure foods are age-appropriate to prevent choking.

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Nutrition Facts	
Serving Size 1 cone (106g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Cholesterol 125mg	41%
Sodium 440mg	18%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 15g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

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