

Tuna Salad Stuffed Eggs

Ingredients:

- 4 large eggs
- 1 (5) ounce can tuna in water, drained
- ½ cup dice green pepper
- ¼ cup sliced green olives, drained
- ¼ cup finely chopped celery
- ½ teaspoon sea salt



Prep: 25 Minutes Cook: 10 Minute
Reference: <https://skinnynms.com>

Directions:

1. Put the eggs in a small pot and cover with cold water. Bring to boil, turn off heat and cover.
2. Let stand for 10 minutes, drain and cool.
3. Add tuna, peppers, olives, celery and salt to a large bowl and stir.
4. When eggs are cool, cut in half and remove the yolks; rough chop and add to the tuna mixture.
5. Carefully spoon the mixture into the egg whites, and chill until ready to serve.

Make 4 Servings

Per serving: calories 125.7, Fat 5.9g, Saturated fat 1.9g, Polyunsaturated fat 1.2g, Monounsaturated fat 1.8g, Cholesterol 200.6 mg, sodium 856.5mg, Protein 14.7g, Carbohydrates 3.1g

High in Potassium 230.8mg, Vit A49.1%, Vit B12 28.5%,Vit B6 16.2%, Vit C 118.8%,Vit D 10%, Vit E 2.4%,Calcium 3.1%,Copper 2.4%,Folate 9.0%,Iron 8.6%,Magnesium 3.9%,Riboflavin 12.6%,Thaimin 2.7%