



Veggie-Loaded Tangy Tuna Salad



1/4th of recipe (about 3/4 cup): 150 calories, 2.5g total fat (<0.5g sat sat. fat), 676mg sodium, 13g carbs, 2g fiber, 7g sugars, 18g protein

[Click for WW Points® value*](#)

Prep: 10 minutes



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

One 12-oz. can or pouch albacore tuna packed in water, drained and flaked
1 cup finely chopped red and yellow bell peppers
1/2 cup finely chopped carrots
1/2 cup finely chopped celery
2/3 cup fat-free mayonnaise
1 tbsp. plus 1 tsp. honey mustard
2 tsp. sweet relish
1/8 tsp. each salt and black pepper, or more to taste

Directions

In a medium bowl, mix tuna with veggies. Add remaining ingredients, and mix until uniform.

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.