AMERICAN · SNACK

Classic Tuna Salad with Celery and Herbs

15 min · Serves 4 · 164 kcal a serve · Video 4:27 · Downshiftology

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

Under 1 g net carbs and about 15 g protein a serve, rich in selenium and vitamin B12: drained tuna with crunchy celery, red onion, herbs and a little Dijon and mayonnaise. Paleo with avocado-oil mayo; the canned tuna and mayo put it over the DASH snack sodium line.

Diet notes: Low carb (0.7 g net carbs) but not keto: 60% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.7 g, 9% of the energy); Paleo with a swap: avocado-oil mayonnaise instead of the mayonnaise.

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Ingredients 7 · SERVES 4

- [ ] 2 cans (5 oz each) **tuna**, drained
- [ ] ¼ cup **mayonnaise**
- [ ] 1 **celery** stalk, diced
- [ ] 2 tbsp diced **red onion**
- [ ] 1–2 tbsp chopped **parsley**, chives or other soft herbs
- [ ] ½ tbsp **Dijon mustard**
- [ ] **Salt**: kosher salt and black pepper, to taste

Allergens found in the listed ingredients: Fish, Egg, Celery, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Open the cans and drain the tuna well (too much liquid makes it mushy), then flake it into a mixing bowl with a fork. 0:40
2. Dice the celery as big or small as you like and add it with the diced red onion. 1:29
3. Chop the herbs and add them to the bowl. 2:14
4. Add the Dijon and mayonnaise, season with salt and pepper and stir until combined. 2:48
5. Eat it as is, in lettuce leaves, or spooned into tomato halves. 3:22

Tip Shallot or sliced green onion can stand in for the red onion.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
164 kcal	15 g	1.1 g	0.4 g	11 g	640 mg
690 kJ	30% of a day	0.7 g net · 0.5 g sugars	1% of a day	1.7 g saturated	28% of a day
		0% of a day		14% of a day	

Energy from net carbs 2% · protein 37% · fat 61% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 74% · Omega-3 70% · Vitamin B12 61% · Vitamin K 41%

Source of (10–19%) Vitamin B6 13%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=XmUBTpA68F0. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-classic-tuna-salad