



HEALTH SCORE

77%

10-minute tuna & bean salad



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients



1 carrots grated peeled



1 bell pepper red deseeded sliced



100 g sugar snap peas finely sliced



410 g butter beans canned



130 g the salad



3 tbsp extra tofu homemade bought for drizzling



200 g tuna in brine drained canned

Equipment

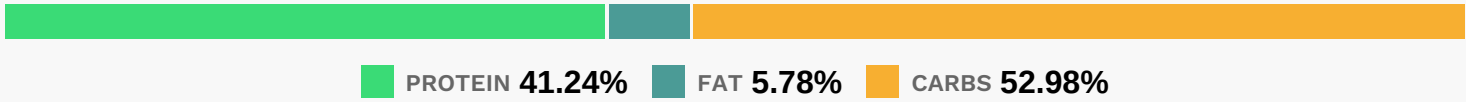
☐

bowl

Directions

- ☐ Mix the carrot, pepper, sugar snap peas and beans together in a large bowl. Gently toss in the salad leaves and half of the dressing, then flake the tuna over.
- ☐ Drizzle with more dressing when you serve.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:22.142174098803%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 161.76kcal (8.09%), Fat: 1.05g (1.62%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 15.1g (5.49%), Sugar: 3.08g (3.42%), Cholesterol: 18mg (6%), Sodium: 482.05mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.83%), Vitamin A: 4148.59IU (82.97%), Vitamin C: 61.52mg (74.57%), Selenium: 38.86µg (55.52%), Vitamin B3: 6.02mg (30.12%), Manganese: 0.55mg (27.27%), Fiber: 6.63g (26.53%), Folate: 92.36µg (23.09%), Vitamin B12: 1.28µg (21.42%), Vitamin B6: 0.43mg (21.41%), Iron: 3.72mg (20.67%), Phosphorus: 194.43mg (19.44%), Magnesium: 69.44mg (17.36%), Potassium: 548.04mg (15.66%), Copper: 0.28mg (13.93%), Vitamin B1: 0.15mg (10.23%), Vitamin K: 9.82µg (9.35%), Vitamin B2: 0.15mg (8.82%), Zinc: 1.31mg (8.73%), Vitamin B5: 0.7mg (7.02%), Calcium: 56.05mg (5.61%), Vitamin E: 0.83mg (5.55%), Vitamin D: 0.6µg (4%)