



Amazingly Good and Healthy Tuna Salad



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



2

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 apples sweet cut into 1/4-inch pieces
- ☐ 0.3 cup cranberries dried
- ☐ 1 green onion chopped
- ☐ 2 servings ground pepper black to taste
- ☐ 2 tablespoons mayonnaise light
- ☐ 2 servings sea salt to taste
- ☐ 4 cups pkt spinach fresh chopped
- ☐ 6 ounce tuna in water drained canned

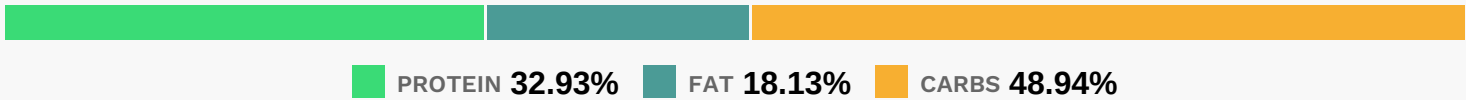
Equipment

☐ bowl

Directions

- ☐ Mix tuna, cranberries, apple, mayonnaise, green onion, sea salt, and black pepper together in a bowl; refrigerate 1 hour.
- ☐ Put 2 cups spinach on each of 2 plates. Top spinach with about half the tuna salad.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:27.086086915887%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 211.72kcal (10.59%), Fat: 4.45g (6.85%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 23.38g (8.5%), Sugar: 20.29g (22.54%), Cholesterol: 32.86mg (10.95%), Sodium: 545.67mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.4%), Vitamin K: 312.61µg (297.72%), Vitamin A: 5769.41IU (115.39%), Selenium: 58.79µg (83.99%), Vitamin B3: 9.06mg (45.29%), Vitamin B12: 2.19µg (36.43%), Manganese: 0.65mg (32.38%), Folate: 125.58µg (31.4%), Vitamin C: 20.12mg (24.39%), Vitamin B6: 0.42mg (20.99%), Iron: 3.3mg (18.33%), Magnesium: 71.7mg (17.93%), Potassium: 565.34mg (16.15%), Phosphorus: 157.02mg (15.7%), Vitamin E: 2.35mg (15.64%), Fiber: 3.66g (14.66%), Vitamin B2: 0.21mg (12.09%), Calcium: 84.98mg (8.5%), Copper: 0.15mg (7.65%), Vitamin D: 1.02µg (6.8%), Zinc: 0.95mg (6.35%), Vitamin B1: 0.09mg (5.81%), Vitamin B5: 0.25mg (2.5%)