

Asian Tuna Salad

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces water-packed tuna white canned packed in water, drained
- 8 small radishes cut into wedges
- 1 large carrots shredded
- 1 clove garlic minced smashed
- 1 teaspoon ginger minced
- 0.5 serrano chiles minced seeded for heat and adjust, can also sub some chili pepper flakes (taste)
- 2 Tbsp vegetable oil
- 1 teaspoon sesame oil dark

- 3 Tbsp seasoned rice vinegar (plain with a teaspoon of sugar)
- 2 servings salt and pepper (black to taste)
- 2 Tbsp cilantro leaves (chopped)
- 1 spring onion (whole chopped)
- 8 ounces soba noodles (fresh dry)

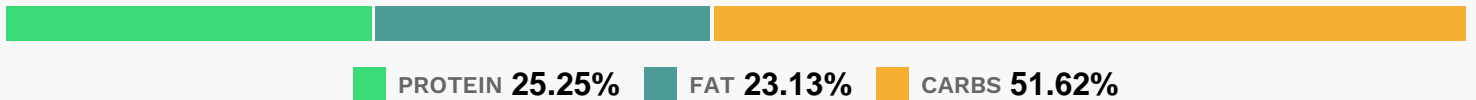
Equipment

- bowl

Directions

- the drained tuna, radishes, shredded carrot, garlic, ginger, chile, vegetable oil, dark sesame oil, and rice vinegar in a large bowl. Gently toss to combine.
- Add salt and pepper to taste. Refrigerate until ready to serve.
- When ready to serve, stir in the chopped cilantro and green onion.
- Serve with lettuce, or mixed in with cold, cooked soba noodles.

Nutrition Facts



Properties

Glycemic Index:145.17, Glycemic Load:45.87, Inflammation Score:-10, Nutrition Score:36.185217421988%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 672.08kcal (33.6%), Fat: 17.87g (27.49%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 89.69g (29.9%), Net Carbohydrates: 88.28g (32.1%), Sugar: 2.1g (2.33%), Cholesterol: 51.03mg (17.01%), Sodium: 1432.42mg (62.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.89g (87.77%), Selenium: 96.57µg (137.95%), Vitamin A: 6196.52IU (123.93%), Vitamin B3: 18.15mg (90.76%), Manganese: 1.6mg (80.11%), Vitamin B12: 3.64µg (60.72%), Phosphorus: 502.97mg (50.3%), Vitamin K: 44.29µg (42.18%), Vitamin B1: 0.62mg (41.28%), Vitamin B6:

0.81mg (40.66%), Magnesium: 148.12mg (37.03%), Iron: 5.72mg (31.75%), Folate: 87.14µg (21.78%), Zinc: 3.04mg (20.24%), Potassium: 702.95mg (20.08%), Copper: 0.37mg (18.26%), Vitamin B2: 0.3mg (17.43%), Vitamin B5: 1.42mg (14.24%), Vitamin E: 1.9mg (12.69%), Vitamin D: 1.7µg (11.34%), Calcium: 88.17mg (8.82%), Vitamin C: 5.74mg (6.95%), Fiber: 1.41g (5.64%)