



Asparagus & tuna salad

 Dairy Free

READY IN



32 min.

SERVINGS



2

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 baby new potatoes
- ☐ 2 medium eggs
- ☐ 125 g pack asparagus
- ☐ 185 g tuna flaked drained canned
- ☐ 1 small handful olives black halved
- ☐ 1 romaine lettuce
- ☐ 2 servings top
- ☐ 1 shallots finely chopped

- ☐ 1 tsp ground mustard english
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 1 tbsp use the oil from the tuna can extra-virgin bought in oil canned (if)
- ☐ 1 pinch sugar

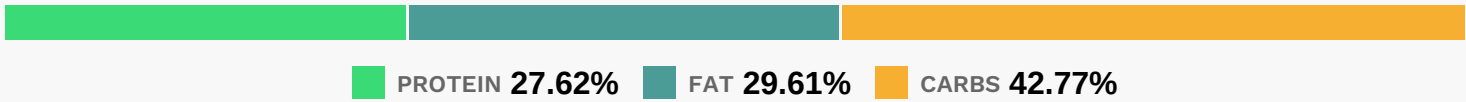
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Boil the potatoes for 8-12 mins until tender.
- ☐ Drain, cool a little under cold running water, then drain again well and set aside to finish cooling.
- ☐ Put the eggs in a pan of cold water and bring to the boil. As soon as the water is boiling, add the asparagus for 2 mins.
- ☐ Drain well and rinse everything under cold water to cool. Again drain asparagus well.
- ☐ Once cool enough to handle, peel the eggs and halve or quarter.
- ☐ Whisk the dressing ingredients with 1 tbsp water and some seasoning.
- ☐ Tip the potatoes, asparagus, tuna, olives and lettuce into a bowl.
- ☐ Drizzle over the dressing and toss well to coat, then add the eggs and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:148.17, Glycemic Load:30.26, Inflammation Score:-9, Nutrition Score:33.907391133516%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg

Nutrients (% of daily need)

Calories: 431.26kcal (21.56%), Fat: 14.24g (21.91%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 46.28g (15.43%), Net Carbohydrates: 38.99g (14.18%), Sugar: 5.16g (5.73%), Cholesterol: 196.98mg (65.66%), Sodium: 658.22mg (28.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.89g (59.78%), Selenium: 78.92µg (112.74%), Vitamin B3: 12.32mg (61.61%), Vitamin C: 49.26mg (59.71%), Vitamin B6: 1.15mg (57.31%), Vitamin K: 49.38µg (47.03%), Vitamin B12: 2.77µg (46.15%), Vitamin A: 2026.51IU (40.53%), Potassium: 1380.4mg (39.44%), Phosphorus: 388.37mg (38.84%), Iron: 5.88mg (32.67%), Folate: 117.54µg (29.39%), Fiber: 7.29g (29.15%), Manganese: 0.54mg (27.08%), Vitamin B2: 0.45mg (26.69%), Copper: 0.47mg (23.44%), Magnesium: 93.43mg (23.36%), Vitamin B1: 0.34mg (22.71%), Vitamin E: 2.91mg (19.4%), Vitamin B5: 1.71mg (17.07%), Zinc: 2.27mg (15.11%), Vitamin D: 1.99µg (13.27%), Calcium: 99.1mg (9.91%)