



HEALTH SCORE

99%

Cannellini Bean and Tuna Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olive oil
- ☐ 0.5 cup tarragon vinegar
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon ground mustard
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon garlic powder

- ☐ 0.5 teaspoon salt
- ☐ 4 cups broccoli frozen
- ☐ 38 oz cannellini beans drained canned
- ☐ 12 oz water-packed tuna flaked drained canned
- ☐ 1 serving lettuce
- ☐ 0.5 cup carrots shredded

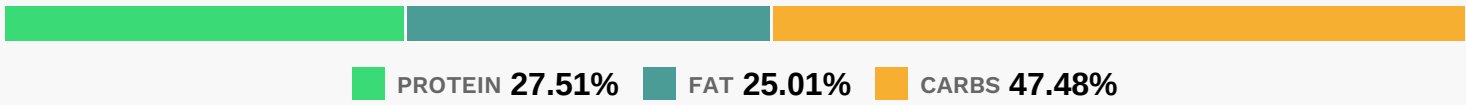
Equipment

- ☐ bowl

Directions

- ☐ In small jar with tight-fitting lid, mix dressing ingredients. Cover; shake well.
- ☐ Cook broccoli as directed on package until crisp-tender; rinse with cold water to cool.
- ☐ In large bowl, mix broccoli, beans and tuna.
- ☐ Add dressing; toss gently to coat.
- ☐ Serve in lettuce-lined bowl.
- ☐ Sprinkle with carrot.

Nutrition Facts



Properties

Glycemic Index:43.62, Glycemic Load:8.11, Inflammation Score:-9, Nutrition Score:24.449130182681%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 278.88kcal (13.94%), Fat: 7.85g (12.08%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 25.39g (9.23%), Sugar: 2.28g (2.53%), Cholesterol: 15.31mg (5.1%), Sodium: 267.57mg (11.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.84%), Vitamin K: 73.86µg (70.34%), Vitamin C: 41.78mg (50.65%), Selenium: 32.76µg (46.8%), Manganese: 0.85mg (42.43%), Vitamin A: 1789.01IU (35.78%), Fiber: 8.13g (32.53%), Folate: 124.12µg (31.03%), Iron: 5.36mg (29.76%), Potassium: 879.67mg (25.13%), Vitamin B3: 4.78mg (23.9%), Magnesium: 91.91mg (22.98%), Phosphorus: 219.38mg (21.94%), Copper: 0.37mg (18.41%), Vitamin B12: 1.09µg (18.21%), Vitamin E: 2.64mg (17.58%), Vitamin B6: 0.34mg (16.85%), Calcium: 137.6mg (13.76%), Zinc: 2.05mg (13.64%), Vitamin B1: 0.19mg (12.48%), Vitamin B2: 0.15mg (8.67%), Vitamin B5: 0.61mg (6.06%), Vitamin D: 0.51µg (3.4%)