



Chopped Niçoise Salad

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 citrus tuna steaks
- 1 teaspoon anchovy paste
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon curd cottage cheese fat-free sour
- 1 garlic clove peeled
- 1 cup cut green beans (1-inch)
- 2 tablespoons kalamata olives pitted chopped
- 1.5 tablespoons juice of lemon fresh

- 4 cups salad greens mixed
- 1 teaspoon olive oil extra-virgin
- 1 teaspoon red wine vinegar
- 0.3 teaspoon salt
- 1 cup thyme potatoes
- 1 tablespoon water
- 1 teaspoon worcestershire sauce

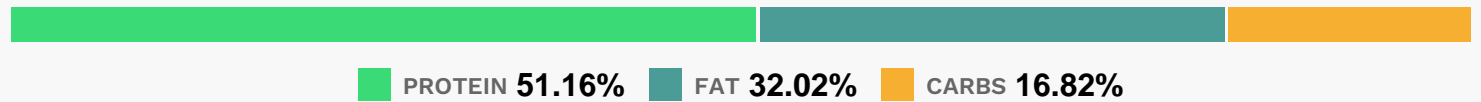
Equipment

- food processor
- bowl
- blender

Directions

- To prepare dressing, combine first 10 ingredients in a blender or food processor; process until smooth.
- To prepare salad, cook beans in boiling water 1 minute or until crisp-tender. Rinse with cold water; drain well.
- Combine beans and remaining ingredients in a large bowl.
- Pour dressing over tuna mixture; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:24.11826112996%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 5.15mg,

Luteolin: 5.15mg, Luteolin: 5.15mg, Luteolin: 5.15mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 173.24kcal (8.66%), Fat: 6.23g (9.59%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 4.85g (1.76%), Sugar: 1.29g (1.43%), Cholesterol: 33.84mg (11.28%), Sodium: 342.97mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.8%), Vitamin B12: 8.05µg (134.1%), Vitamin A: 3053.08IU (61.06%), Selenium: 32.89µg (46.98%), Vitamin B3: 8.32mg (41.59%), Vitamin C: 33.26mg (40.31%), Vitamin D: 4.87µg (32.47%), Phosphorus: 267.73mg (26.77%), Vitamin B6: 0.51mg (25.69%), Iron: 3.58mg (19.9%), Vitamin B2: 0.33mg (19.59%), Magnesium: 74.69mg (18.67%), Manganese: 0.36mg (17.84%), Vitamin B1: 0.25mg (16.78%), Potassium: 447.51mg (12.79%), Vitamin K: 12.9µg (12.28%), Vitamin B5: 1.1mg (10.97%), Fiber: 2.51g (10.06%), Copper: 0.19mg (9.71%), Vitamin E: 1.32mg (8.81%), Folate: 32.58µg (8.14%), Calcium: 80.66mg (8.07%), Zinc: 0.94mg (6.24%)