



Cook the Book: Tuna Tartine

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



601 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce water-packed tuna packed in water, drained canned
- ☐ 1 stalk celery chopped
- ☐ 1 top french toasted sliced (boule or baguette)
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 hardboiled eggs cooled chopped
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup olives pitted chopped

- ☐ 2 tablespoons parsley fresh red loosely packed minced coarsely chopped
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1 pinch sugar
- ☐ 1 cup tomatoes diced
- ☐ 15 ounce navy dried white drained and rinsed cooked

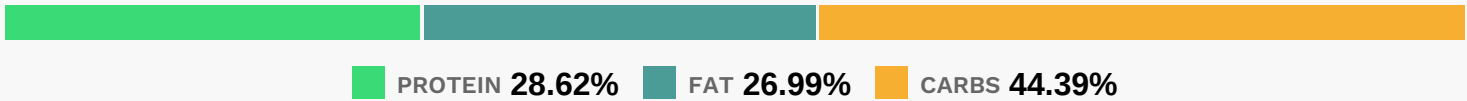
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, combine the tuna, pine nuts, egg, olives, tomato, beans, celery, onion, and parsley.
- ☐ In a small bowl, whisk together the mustard, sugar, and lemon juice. Slowly whisk in the oil until a smooth emulsion forms.
- ☐ Pour the vinaigrette over the tuna mixture and toss gently to coat.
- ☐ Butter each piece of toast if you wish and top with a few heaping spoonfuls of tuna salad.

Nutrition Facts



Properties

Glycemic Index:71.15, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:45.014782698258%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 600.95kcal (30.05%), Fat: 18.38g (28.28%), Saturated Fat: 2.72g (17%), Carbohydrates: 68.05g (22.68%), Net Carbohydrates: 50.71g (18.44%), Sugar: 4.19g (4.66%), Cholesterol: 77.24mg (25.75%), Sodium: 366.7mg (15.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.86g (87.72%), Manganese: 2.43mg (121.42%), Folate: 437.4µg (109.35%), Selenium: 75.46µg (107.8%), Iron: 13.31mg (73.94%), Fiber: 17.34g (69.35%), Potassium: 2241.07mg (64.03%), Magnesium: 243.16mg (60.79%), Copper: 1.2mg (59.75%), Vitamin K: 53.97µg (51.4%), Phosphorus: 500.8mg (50.08%), Vitamin B3: 9.49mg (47.47%), Vitamin B12: 2.32µg (38.74%), Vitamin B1: 0.54mg (36.01%), Vitamin B6: 0.68mg (33.78%), Zinc: 5.03mg (33.51%), Calcium: 293.26mg (29.33%), Vitamin E: 3.19mg (21.26%), Vitamin B2: 0.32mg (18.72%), Vitamin A: 672.43IU (13.45%), Vitamin C: 11.02mg (13.35%), Vitamin B5: 1.17mg (11.74%), Vitamin D: 1.3µg (8.64%)