



Cranberry-Apple Tuna Salad

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 apples chopped
- ☐ 3 ounces tuna canned packed in water, drained
- ☐ 2 tablespoons cranberries dried
- ☐ 1 teaspoon mayonnaise
- ☐ 1 pita pocket whole-wheat
- ☐ 0.3 cup sprouts

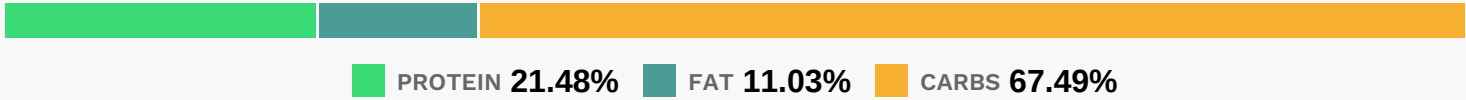
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, combine the tuna, cranberries, apple, and mayonnaise.
- ☐ Cut the pita in half. Fill each half with the tuna salad and sprouts.

Nutrition Facts



Properties

Glycemic Index:179, Glycemic Load:32.39, Inflammation Score:-4, Nutrition Score:16.329565079316%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 399.36kcal (19.97%), Fat: 5g (7.7%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 68.85g (22.95%), Net Carbohydrates: 63.69g (23.16%), Sugar: 31.28g (34.76%), Cholesterol: 32.3mg (10.77%), Sodium: 514.72mg (22.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.82%), Selenium: 57.98µg (82.83%), Vitamin B3: 9.92mg (49.62%), Vitamin B12: 2.19µg (36.51%), Fiber: 5.16g (20.65%), Manganese: 0.41mg (20.63%), Phosphorus: 189.86mg (18.99%), Vitamin B6: 0.34mg (17.15%), Iron: 2.52mg (13.99%), Vitamin B1: 0.2mg (13.4%), Vitamin K: 13.49µg (12.85%), Magnesium: 42.14mg (10.53%), Vitamin B2: 0.17mg (9.84%), Potassium: 336.27mg (9.61%), Copper: 0.19mg (9.6%), Vitamin E: 1.21mg (8.05%), Zinc: 1.18mg (7.87%), Calcium: 74.59mg (7.46%), Vitamin D: 1.03µg (6.86%), Vitamin C: 4.92mg (5.97%), Folate: 22.74µg (5.69%), Vitamin B5: 0.52mg (5.22%), Vitamin A: 113.01IU (2.26%)