



Crisp Greens with Tonnato Dressing

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

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

Ingredients

- 8 bell pepper rings green
- 8 bell pepper rings red
- 0.3 teaspoon pepper black freshly ground
- 4 teaspoons capers divided drained
- 1 cup cucumber peeled sliced
- 0.3 cup less-sodium chicken broth fat-free
- 2 garlic cloves chopped
- 1 Dash ground pepper red
- 1 tablespoon juice of lemon fresh

- 0.3 cup mayonnaise reduced-fat
- 2 plum tomatoes cut into (1/4-inch-thick) slices
- 0.3 cup onion red divided finely chopped
- 2 tablespoons red wine vinegar
- 8 cups torn romaine lettuce
- 0.5 teaspoon salt
- 6 ounce tuna in olive oil light drained canned

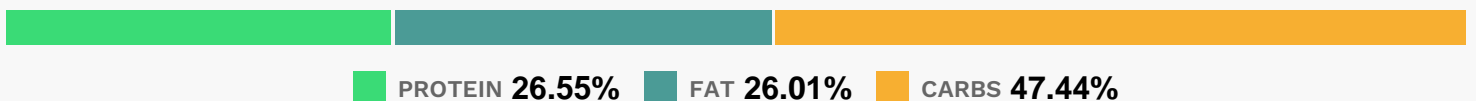
Equipment

- bowl
- blender

Directions

- To prepare dressing, combine the first 9 ingredients in a blender; process until smooth, scraping sides.
- To prepare salad, combine lettuce, cucumber, green bell pepper, red bell pepper, and plum tomatoes in a large bowl; add dressing, tossing gently to coat.
- Place about 2 1/2 cups salad on each of 4 plates.
- Sprinkle each serving with 1 tablespoon onion and 1 teaspoon capers.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:4.45, Inflammation Score:-10, Nutrition Score:39.600869634877%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 12.71mg, Luteolin: 12.71mg, Luteolin: 12.71mg, Luteolin: 12.71mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

0.07mg Quercetin: 13.58mg, Quercetin: 13.58mg, Quercetin: 13.58mg, Quercetin: 13.58mg

Nutrients (% of daily need)

Calories: 262.45kcal (13.12%), Fat: 8.19g (12.6%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 21.69g (7.89%), Sugar: 19.17g (21.3%), Cholesterol: 9.89mg (3.3%), Sodium: 724.49mg (31.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.63%), Vitamin C: 507.86mg (615.59%), Vitamin A: 16858.9IU (337.18%), Vitamin K: 157.48µg (149.98%), Vitamin B6: 1.42mg (70.99%), Folate: 276.46µg (69.11%), Selenium: 33.94µg (48.49%), Fiber: 11.94g (47.75%), Vitamin B3: 9.36mg (46.79%), Manganese: 0.83mg (41.59%), Potassium: 1396.6mg (39.9%), Vitamin E: 5.65mg (37.68%), Phosphorus: 294.58mg (29.46%), Vitamin B1: 0.38mg (25.4%), Vitamin B2: 0.41mg (24.02%), Magnesium: 89.34mg (22.34%), Iron: 3.66mg (20.36%), Vitamin D: 2.85µg (18.99%), Copper: 0.34mg (16.97%), Vitamin B12: 0.96µg (16.07%), Vitamin B5: 1.44mg (14.42%), Zinc: 1.67mg (11.15%), Calcium: 93.43mg (9.34%)