



## Crunchy Tuna Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



2

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 small stalk celery finely chopped
- 1 claussen kosher dill pickle half finely chopped
- 0.3 cup real mayo mayonnaise kraft
- 2 Tbsp onions red finely chopped
- 5 oz tuna in water light chunk flaked drained canned

## Equipment

# Directions

Mix ingredients until well blended.

# Nutrition Facts

**PROTEIN 21.6%** **FAT 75.26%** **CARBS 3.14%**

## Properties

Glycemic Index:54.5, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:12.097391387691%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 263.28kcal (13.16%), Fat: 21.77g (33.5%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.42g (0.52%), Sugar: 1.11g (1.24%), Cholesterol: 37.27mg (12.42%), Sodium: 602.81mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Selenium: 48.78µg (69.69%), Vitamin K: 53.77µg (51.21%), Vitamin B3: 7.1mg (35.52%), Vitamin B12: 1.86µg (30.92%), Vitamin B6: 0.26mg (12.92%), Phosphorus: 113.12mg (11.31%), Vitamin E: 1.22mg (8.11%), Iron: 1.36mg (7.53%), Vitamin D: 0.91µg (6.04%), Potassium: 203.44mg (5.81%), Vitamin B2: 0.09mg (5.27%), Magnesium: 20.79mg (5.2%), Zinc: 0.57mg (3.82%), Calcium: 38.25mg (3.82%), Vitamin A: 156.44IU (3.13%), Vitamin B1: 0.05mg (3.05%), Folate: 11.8µg (2.95%), Copper: 0.05mg (2.73%), Manganese: 0.05mg (2.62%), Fiber: 0.63g (2.52%), Vitamin C: 1.69mg (2.04%), Vitamin B5: 0.2mg (2.03%)