



Curried Potato Salad with Tuna

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- 6 ounce albacore tuna in water flaked drained canned
- 0.3 cup almonds toasted sliced
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons cider vinegar
- 1.5 teaspoons madras curry powder
- 0.3 cup golden raisins
- 3 tablespoons mayonnaise reduced-fat
- 2 tablespoons yogurt plain low-fat

- 2 tablespoons mango chutney
- 0.5 teaspoon salt
- 1 tablespoon shallots chopped
- 1.5 pounds yukon gold potatoes cubed peeled

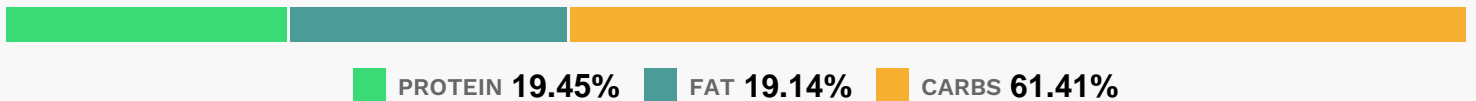
Equipment

- bowl
- sauce pan
- whisk

Directions

- Place potatoes in a medium saucepan; cover with water. Bring to a boil. Reduce heat. Simmer 20 minutes or until tender; drain. Cool.
- Combine potatoes and vinegar in a large bowl, tossing to coat.
- Add raisins, shallots, and tuna.
- Combine mayonnaise and the next 5 ingredients (through pepper) in a bowl, stirring with a whisk.
- Add mayonnaise mixture to potato mixture; toss to coat. Chill 1 hour. Stir in almonds.

Nutrition Facts



Properties

Glycemic Index:52.07, Glycemic Load:20.57, Inflammation Score:-4, Nutrition Score:11.227826074414%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Quercetin:

1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 213.6kcal (10.68%), Fat: 4.63g (7.12%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 29.81g (10.84%), Sugar: 9.94g (11.04%), Cholesterol: 13.43mg (4.48%), Sodium: 373.89mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.17%), Vitamin C: 23.43mg (28.4%), Selenium: 19.83µg (28.33%), Vitamin B6: 0.44mg (22.19%), Potassium: 673.77mg (19.25%), Manganese: 0.34mg (17.23%), Phosphorus: 169.05mg (16.91%), Vitamin B3: 3.1mg (15.51%), Fiber: 3.61g (14.44%), Magnesium: 52.16mg (13.04%), Copper: 0.22mg (10.92%), Vitamin E: 1.52mg (10.12%), Iron: 1.68mg (9.34%), Vitamin B2: 0.13mg (7.59%), Vitamin B1: 0.11mg (7.23%), Vitamin K: 7.57µg (7.21%), Vitamin B12: 0.37µg (6.15%), Folate: 23.74µg (5.93%), Calcium: 49.96mg (5%), Zinc: 0.71mg (4.73%), Vitamin B5: 0.45mg (4.51%), Vitamin D: 0.57µg (3.78%)