



Dinner Tonight: Mediterranean Tuna Salad on Focaccia

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



2553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounce artichoke hearts drained quartered canned
- ☐ 4 flour sliced
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.4 cup kalamata olives seeds removed, sliced thinly
- ☐ 1.5 tablespoons juice of lemon

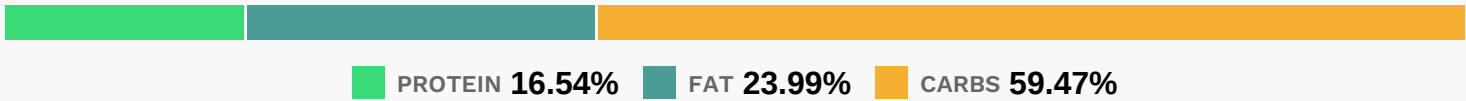
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 bell pepper red stemmed seeded chopped
- ☐ 0.3 onion diced red
- ☐ 2 servings salt and pepper black
- ☐ 12 ounce solid albacore tuna in water white drained canned

Equipment

Directions

- ☐ Mix together all of the ingredients except the salt, pepper, and focaccia. Mash the tuna up with the back of a fork. Season mixture with salt and pepper to taste.
- ☐ Place half of the mixture on one slice of focaccia and top with another slice. Repeat and serve.

Nutrition Facts



Properties

Glycemic Index:143.5, Glycemic Load:148.97, Inflammation Score:-8, Nutrition Score:26.592173680015%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 2553.19kcal (127.66%), Fat: 68.74g (105.76%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 383.46g (127.82%), Net Carbohydrates: 367.23g (133.54%), Sugar: 15.51g (17.23%), Cholesterol: 83.2mg (27.73%), Sodium: 6039.49mg (262.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 106.68g (213.36%), Selenium: 112.97µg (161.38%), Vitamin K: 128.06µg (121.97%), Fiber: 16.23g (64.92%), Vitamin B3: 10.2mg (51%), Phosphorus: 391.23mg

(39.12%), Vitamin C: 30.57mg (37.06%), Vitamin B12: 2.02µg (33.73%), Vitamin E: 3.72mg (24.81%), Vitamin B6: 0.47mg (23.73%), Vitamin D: 3.46µg (23.05%), Vitamin A: 1069.48IU (21.39%), Magnesium: 68.04mg (17.01%), Potassium: 522.83mg (14.94%), Iron: 2.46mg (13.65%), Manganese: 0.15mg (7.5%), Zinc: 1.03mg (6.83%), Copper: 0.13mg (6.66%), Folate: 25.94µg (6.48%), Vitamin B2: 0.11mg (6.45%), Calcium: 63.97mg (6.4%), Vitamin B5: 0.38mg (3.77%), Vitamin B1: 0.05mg (3.12%)