



## Easy Mediterranean Salad

 Gluten Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



25 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

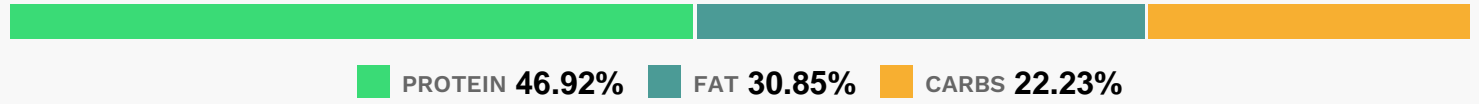
- 10 olives black pitted
- 2 Tbsp miracle whip dressing
- 2 cups lightly torn salad greens packed
- 1 tomatoes cut into wedges
- 5 oz tuna in water white flaked drained canned

### Equipment

## Directions

- Mix tuna and dressing.
- Spoon over salad greens on 2 salad plates.
- Surround with tomatoes and olives.

## Nutrition Facts



## Properties

Glycemic Index:3.8, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:2.6291304217732%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 24.74kcal (1.24%), Fat: 0.86g (1.33%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.67g (0.75%), Cholesterol: 5.39mg (1.8%), Sodium: 121.35mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Selenium: 9.68µg (13.83%), Vitamin B3: 1.53mg (7.66%), Vitamin B12: 0.36µg (6.07%), Vitamin A: 219.35IU (4.39%), Vitamin C: 3.54mg (4.29%), Vitamin B6: 0.06mg (3.14%), Phosphorus: 25.81mg (2.58%), Potassium: 71.11mg (2.03%), Iron: 0.34mg (1.91%), Vitamin E: 0.27mg (1.77%), Magnesium: 5.93mg (1.48%), Manganese: 0.03mg (1.42%), Folate: 5.49µg (1.37%), Fiber: 0.34g (1.36%), Copper: 0.02mg (1.14%), Vitamin D: 0.17µg (1.13%), Vitamin B2: 0.02mg (1.07%), Vitamin K: 1.06µg (1.01%)