



WHATSheATE



Ensalada de Papa con Atun (Potato and Tuna Salad)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 garlic clove minced
- ☐ 1 cup green beans cooked cut into pieces
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 juice of lemon
- ☐ 1 lemon zest
- ☐ 2 cups lettuce
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 4 servings salt and pepper
- ☐ 1 large tomatoes diced
- ☐ 1 tuna can drained
- ☐ 1 tablespoon whine vinegar
- ☐ 2 cups potaoes diced red cooked
- ☐ 2 cups potaoes diced red cooked

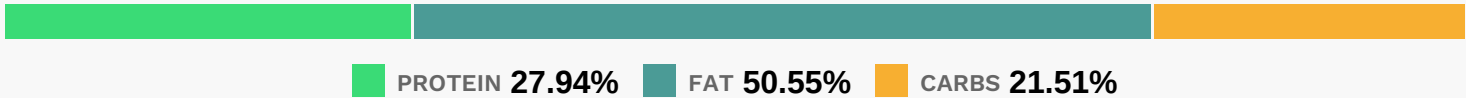
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To make the dressing: whisk together the olive oil, lemon juice, zest, garlic, cumin, paprika, salt and pepper until blended.In a large bowl, toss lettuce with 1/2 of the dressing. Spoon the remaining dressing over the green beans, potatoes and tuna. Gently coat the ingredients evenly with the dressing. Arrange the lettuce on a large platter. Top with the green beans, potatoes and tuna, and sprinkle with paprika.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:11.480000112368%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg

0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg
Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.62mg, Quercetin: 3.62mg,
Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 132.55kcal (6.63%), Fat: 7.7g (11.85%), Saturated Fat: 1.1g (6.94%), Carbohydrates: 7.37g (2.46%), Net
Carbohydrates: 5.2g (1.89%), Sugar: 3.69g (4.1%), Cholesterol: 15.3mg (5.1%), Sodium: 295.67mg (12.86%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.15%), Selenium: 29.23µg (41.76%), Vitamin K: 28.55µg (27.19%),
Vitamin B3: 4.79mg (23.94%), Vitamin C: 19.32mg (23.42%), Vitamin B12: 1.09µg (18.2%), Vitamin A: 838.78IU
(16.78%), Vitamin B6: 0.26mg (13.01%), Vitamin E: 1.64mg (10.94%), Manganese: 0.2mg (10.02%), Potassium:
332.15mg (9.49%), Phosphorus: 93.4mg (9.34%), Fiber: 2.17g (8.67%), Folate: 33.23µg (8.31%), Iron: 1.47mg (8.18%),
Magnesium: 27.21mg (6.8%), Vitamin B2: 0.09mg (5.3%), Vitamin B1: 0.08mg (5.25%), Copper: 0.09mg (4.38%),
Calcium: 37.3mg (3.73%), Zinc: 0.53mg (3.51%), Vitamin D: 0.51µg (3.4%), Vitamin B5: 0.24mg (2.42%)