



 **92%**  
HEALTH SCORE

## Funked Out Chef Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**15 min.**

SERVINGS



**4**

CALORIES



**324 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 10 ounce arugula dried washed well
- 15 ounce chickpeas rinsed canned
- 1 cup basil leaves fresh chopped
- 4 servings salt and ground pepper fresh black
- 1 lemon zest juiced
- 1 cup marinated artichoke hearts quartered
- 2 tablespoons olive oil
- 0.5 cup pepperoncini

- 1 tablespoon pepper flakes red crushed
- 2 roasted peppers red chopped
- 1 shallots minced
- 1 cup olive oil-poached tuna flaked

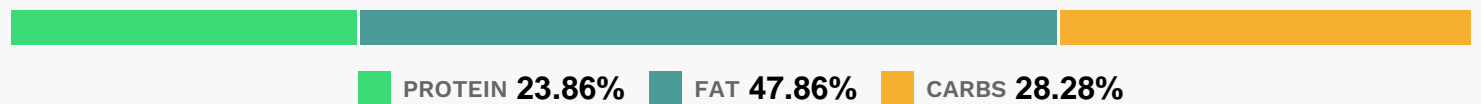
## Equipment

- bowl
- whisk

## Directions

- In a medium bowl, whisk together the tuna oil, lemon zest, lemon juice and shallots. To the bowl, add the artichokes, roasted peppers, red pepper flakes, pepperoncini, basil, chickpeas and arugula. Toss gently.
- On a large chilled platter, arrange the salad.
- Add the tuna to the top.
- Sprinkle with salt and pepper.
- Drizzle the olive oil over the top.

## Nutrition Facts



## Properties

Glycemic Index:51.08, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:29.230869583462%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 324.37kcal (16.22%), Fat: 17.66g (27.18%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 14.75g (5.36%), Sugar: 2.97g (3.3%), Cholesterol: 6.93mg (2.31%), Sodium: 954.16mg (41.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.82g (39.63%), Vitamin K: 127.11µg (121.05%), Vitamin A: 3287.37IU (65.75%), Manganese: 1.28mg (64.09%), Vitamin C: 46.19mg (55.98%), Selenium: 32.22µg (46.02%), Vitamin B6: 0.76mg (38.04%), Fiber: 8.74g (34.95%), Vitamin B3: 5.73mg (28.64%), Folate: 111.68µg (27.92%), Phosphorus: 263.75mg (26.37%), Iron: 4.13mg (22.94%), Magnesium: 87.15mg (21.79%), Calcium: 197.42mg (19.74%), Potassium: 642.37mg (18.35%), Vitamin D: 2.58µg (17.2%), Vitamin E: 2.57mg (17.15%), Copper: 0.33mg (16.69%), Vitamin B12: 0.85µg (14.12%), Zinc: 1.65mg (11%), Vitamin B2: 0.16mg (9.59%), Vitamin B5: 0.87mg (8.73%), Vitamin B1: 0.11mg (7.25%)