



Garden Tuna Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups boston lettuce leaves rinsed
- ☐ 0.3 cup capers drained
- ☐ 1 cup celery stalks finely chopped
- ☐ 1 cup cherry tomatoes stemmed rinsed drained (see notes)
- ☐ 0.5 teaspoon pepper
- ☐ 4 large hardboiled eggs shelled
- ☐ 1 optional: lemon rinsed cut into 8 wedges
- ☐ 0.8 cup mayonnaise sour reduced-fat (regular, or half and half cream)

- ☐ 1 tablespoons parsley minced
- ☐ 3 tablespoons onion red finely chopped
- ☐ 4 servings salt
- ☐ 12 oz water-packed tuna albacore or chunk-style drained well canned
- ☐ 0.5 cup olives black ripe drained (see notes)

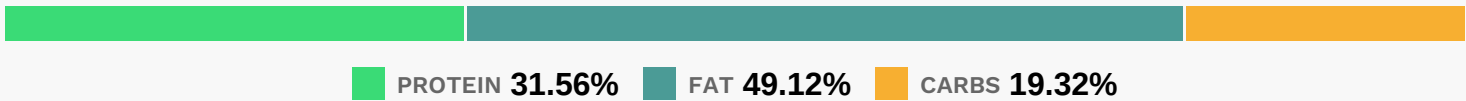
Equipment

- ☐ bowl

Directions

- ☐ Put tuna in a bowl. Coarsely chop 2 eggs; add to tuna.
- ☐ Cut remaining eggs in half lengthwise and set aside.
- ☐ Add celery, capers, and onion to bowl; mix well with a fork, breaking tuna into small pieces.
- ☐ Add 3/4 cup mayonnaise and 1/2 teaspoon pepper and mix.
- ☐ Add more mayonnaise, if desired. Season to taste with salt (be cautious – capers are salty).
- ☐ Arrange lettuce and celery leaves equally in four wide, shallow bowls. Mound tuna salad on greens, sprinkle with parsley, and dust with paprika if desired. Set an egg half alongside each salad and garnish with tomatoes, olives, and lemon wedges. Season salads to taste with juice from wedges and more salt and pepper.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:0.75, Inflammation Score:-10, Nutrition Score:35.538695625637%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 14.54mg, Kaempferol: 14.54mg, Kaempferol: 14.54mg, Kaempferol: 14.54mg

14.54mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 27.52mg, Quercetin: 27.52mg, Quercetin: 27.52mg, Quercetin: 27.52mg

Nutrients (% of daily need)

Calories: 333.8kcal (16.69%), Fat: 18.81g (28.94%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 11.49g (4.18%), Sugar: 6.68g (7.43%), Cholesterol: 223.84mg (74.61%), Sodium: 1393.07mg (60.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.39%), Vitamin K: 293.11µg (279.15%), Vitamin A: 8642.31IU (172.85%), Selenium: 76.3µg (109.01%), Folate: 222.7µg (55.68%), Vitamin B3: 9.76mg (48.8%), Vitamin B12: 2.74µg (45.68%), Vitamin C: 34.69mg (42.05%), Iron: 5.84mg (32.46%), Phosphorus: 312.62mg (31.26%), Vitamin B6: 0.62mg (30.78%), Vitamin B2: 0.52mg (30.63%), Manganese: 0.58mg (29.05%), Potassium: 1004.22mg (28.69%), Vitamin E: 3.21mg (21.4%), Fiber: 5.15g (20.62%), Magnesium: 71.6mg (17.9%), Calcium: 164.33mg (16.43%), Vitamin B1: 0.24mg (15.76%), Vitamin D: 2.12µg (14.14%), Vitamin B5: 1.39mg (13.89%), Zinc: 1.76mg (11.72%), Copper: 0.21mg (10.45%)