



 **62%**
HEALTH SCORE

Greek Spinach Salad with Tuna

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

READY IN



10 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups baby spinach leaves
- 6 oz albacore tuna
- 1 cup cucumber halved
- 4 oz athenos feta cheese crumbled traditional
- 2 cups grape tomatoes
- 1 cup pasilla peppers green chopped (1 large)
- 0.5 cup onion red thin (1 small)
- 0.5 cup greek vinaigrette dressing kraft

Equipment

bowl

Directions

- Place spinach on large serving platter or divide evenly among four salad plates; set aside.
- Combine tomatoes, peppers, cucumbers, onions and tuna in medium bowl.
- Add dressing; toss to coat.
- Spoon over spinach; sprinkle with cheese.

Nutrition Facts



PROTEIN 20.86% **FAT 65.78%** **CARBS 13.36%**

Properties

Glycemic Index:37.25, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:27.330434633338%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

Nutrients (% of daily need)

Calories: 313.07kcal (15.65%), Fat: 23.48g (36.12%), Saturated Fat: 7.03g (43.97%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.13g (5.7%), Cholesterol: 43.09mg (14.36%), Sodium: 525.67mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.5%), Vitamin K: 260.91µg (248.49%), Vitamin A: 5130.54IU (102.61%), Vitamin C: 55.34mg (67.08%), Selenium: 33.27µg (47.53%), Folate: 120.58µg (30.14%), Manganese: 0.6mg (30.01%), Phosphorus: 247.98mg (24.8%), Vitamin B6: 0.48mg (24.21%), Vitamin B2: 0.38mg (22.43%), Vitamin E: 3.32mg (22.14%), Calcium: 210.7mg (21.07%), Potassium: 688.13mg (19.66%), Vitamin B3: 3.73mg (18.65%), Magnesium: 72.88mg (18.22%), Vitamin B12: 0.98µg (16.28%), Iron: 2.26mg (12.55%), Fiber: 3.09g (12.36%), Zinc: 1.52mg (10.16%), Vitamin B1: 0.15mg (10.03%), Copper: 0.18mg (9.21%), Vitamin D: 0.96µg (6.43%), Vitamin B5: 0.56mg (5.64%)