

Greek Tuna Salad

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 head boston lettuce
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 0.8 teaspoon kosher salt
- ☐ 6.5 oz marinated artichoke hearts drained quartered

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup onion red sliced
- ☐ 2 tablespoons sherry vinegar
- ☐ 18 oz water-packed tuna unsalted drained canned

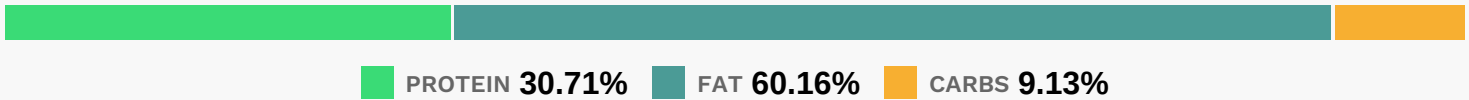
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients except lettuce in a large bowl. Arrange a few lettuce leaves on each of 6 plates. Spoon tuna mixture on top of lettuce and serve with pita chips or warmed pita halves.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:20.503913236701%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 244.29kcal (12.21%), Fat: 16.21g (24.94%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.26g (1.4%), Cholesterol: 38.03mg (12.68%), Sodium: 869.91mg (37.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.23%), Vitamin K: 116.06µg (110.53%), Selenium: 59.64µg (85.19%), Vitamin B3: 8.74mg (43.72%), Vitamin B12: 2.33µg (38.78%), Vitamin A: 1757.36IU (35.15%), Vitamin B6: 0.39mg (19.37%), Vitamin C: 15.95mg (19.33%), Phosphorus: 165.52mg (16.55%), Iron: 2.56mg (14.24%), Vitamin E: 2.11mg (14.09%), Vitamin B2: 0.17mg (9.97%), Calcium: 93.99mg (9.4%), Folate: 36.48µg (9.12%), Potassium: 286.41mg (8.18%), Manganese: 0.16mg (8.06%), Magnesium: 30.91mg (7.73%), Fiber: 1.77g (7.1%), Vitamin D: 1.05µg (7.03%), Zinc: 0.97mg (6.48%), Vitamin B1: 0.07mg (4.81%), Copper: 0.08mg (4.25%), Vitamin B5:

0.3mg (3.04%)