



Grown-Up Tuna Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup celery finely chopped
- 1 teaspoon dijon mustard
- 0.3 cup fennel bulb green finely chopped (no fronds, just stems)
- 0.8 teaspoon garlic clove minced
- 0.5 teaspoon pepper black as needed plus more
- 10 servings kosher salt
- 1 teaspoon lemon zest finely grated
- 2 tablespoons flat parsley italian finely chopped

- 12 ounces tuna packed in oil, drained
- 0.3 cup onion white finely chopped
- 2 dashes worcestershire sauce

Equipment

- bowl

Directions

- Combine all ingredients in a large bowl and mix well. Taste and season with salt and pepper as needed.

Nutrition Facts

PROTEIN 79.27% **FAT 9.71%** **CARBS 11.02%**

Properties

Glycemic Index:23, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:5.2204347926637%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 34.67kcal (1.73%), Fat: 0.36g (0.55%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.65g (0.23%), Sugar: 0.33g (0.37%), Cholesterol: 12.25mg (4.08%), Sodium: 280.22mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.25%), Selenium: 23.32µg (33.32%), Vitamin B3: 3.42mg (17.1%), Vitamin K: 15.49µg (14.75%), Vitamin B12: 0.87µg (14.57%), Vitamin B6: 0.12mg (6.05%), Phosphorus: 51.11mg (5.11%), Iron: 0.68mg (3.79%), Vitamin D: 0.41µg (2.72%), Potassium: 90.66mg (2.59%), Vitamin C: 2.06mg (2.49%), Magnesium: 9.8mg (2.45%), Vitamin A: 102.3IU (2.05%), Vitamin B2: 0.03mg (1.95%), Manganese: 0.04mg (1.94%), Zinc: 0.26mg (1.71%), Folate: 4.93µg (1.23%), Copper: 0.02mg (1.23%), Calcium: 11.99mg (1.2%), Fiber: 0.27g (1.1%), Vitamin B1: 0.02mg (1.02%)