



Healthy Tuna Salad



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



2

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

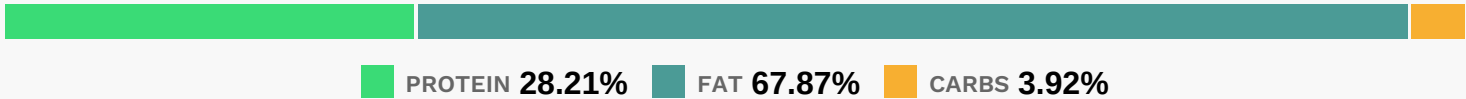
- ☐ 0.5 stalk celery minced
- ☐ 2 servings olive oil extra virgin to taste
- ☐ 1 tbsp basil fresh chopped
- ☐ 2 tbsp juice of lemon to taste
- ☐ 2 servings salt and pepper to taste
- ☐ 1 spring onion green finely chopped
- ☐ 5 oz water-packed tuna italian packed drained canned (if you're not worried the healthy fat content, get the olive oil tuna in jars-- the flavor is terrific!)

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Healthy Tuna Salad
- ☐ Ingredients1 can (5 oz) water packed tuna, drained (if you're not worried about the healthy fat content, get the Italian olive oil packed tuna in jars-- the flavor is terrific!)1 tbsp fresh chopped basil1/2 stalk celery, minced1 finely chopped scallion – green part only (optional)2 tbsp lemon juice, or more to taste
- ☐ Extra virgin olive oil to taste
- ☐ Salt and pepper to taste
- ☐ Total Time: 5 Minutes
- ☐ Servings: 2
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:11.980000039806%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 194.89kcal (9.74%), Fat: 14.75g (22.69%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.66g (0.73%), Cholesterol: 25.51mg (8.5%), Sodium: 358.52mg (15.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.59%), Selenium: 48.15µg (68.79%), Vitamin B3: 7.14mg

(35.68%), Vitamin K: 36.99µg (35.23%), Vitamin B12: 1.82µg (30.36%), Vitamin E: 2.36mg (15.72%), Vitamin B6: 0.25mg (12.48%), Phosphorus: 104.68mg (10.47%), Vitamin C: 7.81mg (9.47%), Iron: 1.48mg (8.25%), Vitamin A: 312.18IU (6.24%), Vitamin D: 0.85µg (5.67%), Potassium: 192.22mg (5.49%), Magnesium: 21.52mg (5.38%), Vitamin B2: 0.07mg (4.31%), Folate: 15.42µg (3.85%), Manganese: 0.07mg (3.59%), Zinc: 0.54mg (3.58%), Copper: 0.06mg (2.86%), Calcium: 27.81mg (2.78%), Vitamin B1: 0.03mg (2.09%), Fiber: 0.41g (1.65%), Vitamin B5: 0.16mg (1.6%)