



Home On The Range Tuna Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



211 kcal

SALAD

Ingredients

- ☐ 6 ounce tuna drained canned
- ☐ 0.3 cup celery chopped
- ☐ 0.3 teaspoon celery salt
- ☐ 2 eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon lemon pepper

- ☐ 1 cup curd cottage cheese low-fat
- ☐ 0.3 cup mayonnaise

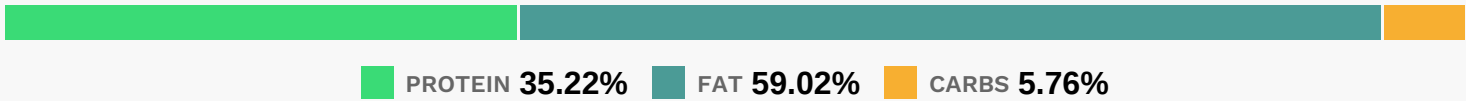
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, and cool. Peel, and chop.
- ☐ In a large bowl, flake tuna.
- ☐ Add cottage cheese, eggs, celery, green onions, parsley, lemon pepper seasoning, celery salt, lemon juice, and mayonnaise; mix well. Chill.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:13.275217216948%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 210.75kcal (10.54%), Fat: 13.6g (20.92%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.98g (2.2%), Cholesterol: 105.29mg (35.1%), Sodium: 595.28mg (25.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.52%), Vitamin K: 71.43µg (68.03%), Selenium: 41.08µg (58.69%), Vitamin B12: 1.66µg (27.69%), Vitamin B3: 4.39mg (21.97%), Phosphorus: 186.35mg (18.63%), Vitamin B2: 0.24mg (14.29%), Vitamin B6: 0.23mg (11.27%), Vitamin A: 437.25IU (8.74%), Iron: 1.48mg (8.24%), Folate: 29.17µg

(7.29%), Calcium: 67.72mg (6.77%), Vitamin D: 0.98µg (6.52%), Vitamin E: 0.91mg (6.06%), Potassium: 209.3mg (5.98%), Vitamin B5: 0.58mg (5.83%), Zinc: 0.86mg (5.74%), Vitamin C: 4.51mg (5.47%), Manganese: 0.1mg (5.05%), Magnesium: 19.26mg (4.82%), Copper: 0.07mg (3.6%), Vitamin B1: 0.04mg (2.81%), Fiber: 0.46g (1.84%)