



Italian Bean and Tuna Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 can cannellini beans rinsed drained (19)
- 6 oz water-packed tuna white flaked drained canned
- 1 cup green beans frozen with cold water rinsed cooked
- 1 cup celery chopped
- 0.5 cup bell pepper red chopped
- 3 tablespoons chives fresh chopped
- 2 tablespoons parsley fresh chopped
- 0.5 cup salad dressing fat-free italian reduced-calorie

0.5 teaspoon oregano dried

1 leaves lettuce

Equipment

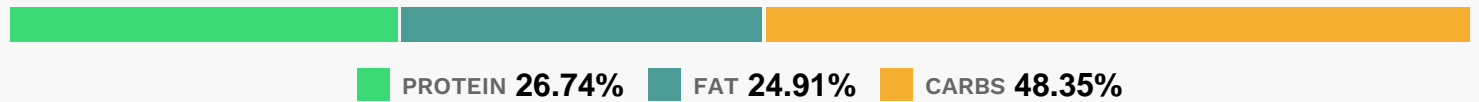
bowl

Directions

In medium bowl, mix all ingredients except lettuce. Refrigerate 10 minutes to blend flavors.

Just before serving, place lettuce in serving bowl; spoon salad on lettuce.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:6.52, Inflammation Score:-9, Nutrition Score:21.936956281247%

Flavonoids

Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 253.13kcal (12.66%), Fat: 7.12g (10.96%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 24.04g (8.74%), Sugar: 5.62g (6.24%), Cholesterol: 15.31mg (5.1%), Sodium: 414.35mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.2g (34.41%), Vitamin K: 79.48µg (75.7%), Selenium: 31.5µg (44.99%), Vitamin C: 32.12mg (38.94%), Manganese: 0.72mg (35.76%), Fiber: 7.06g (28.23%), Folate: 106.35µg (26.59%), Iron: 4.74mg (26.34%), Vitamin B3: 4.9mg (24.5%), Vitamin A: 1201.8IU (24.04%), Potassium: 784.47mg (22.41%), Magnesium: 81.87mg (20.47%), Phosphorus: 187.12mg (18.71%), Vitamin B12: 1.09µg (18.21%), Vitamin B6: 0.36mg (17.86%), Copper: 0.32mg (16.01%), Vitamin E: 2.19mg (14.63%), Calcium: 122.35mg (12.24%), Zinc: 1.72mg (11.46%), Vitamin B1: 0.17mg (11.11%), Vitamin B2: 0.14mg (8.27%), Vitamin B5: 0.47mg (4.68%), Vitamin D: 0.51µg (3.4%)