



Italian Tuna-and-Rice Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings pepper black freshly ground
- 0.3 cup olive green pitted coarsely chopped
- 6 servings kosher salt
- 0.3 cup sun-dried olives coarsely chopped
- 14 ounces tuna in olive oil flaked drained
- 3 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons red wine vinegar
- 1.3 cups water as needed plus more

1 cup rice long-grain white

Equipment

bowl

sauce pan

sieve

Directions

Place the rice in a fine-mesh strainer and rinse under cold water until the water runs clear.

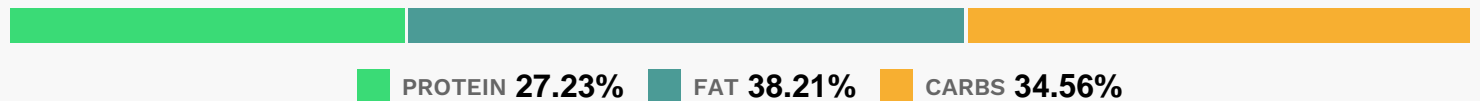
Place the rice and measured water in a medium saucepan and bring to a boil over high heat. Cover with a tightfitting lid and reduce the heat to low. Simmer undisturbed until the rice is tender, about 15 minutes.

Remove from the heat and let sit covered to steam, about 5 minutes. Fluff with a fork and transfer to a large bowl.

Add the remaining measured ingredients, season with salt and pepper, and stir to combine.

Serve warm, at room temperature, or chilled. Refrigerate in a container with a tightfitting lid for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:20.53, Glycemic Load:15.65, Inflammation Score:-4, Nutrition Score:16.092174053192%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 333.24kcal (16.66%), Fat: 13.97g (21.49%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 27g (9.82%), Sugar: 2.38g (2.64%), Cholesterol: 11.91mg (3.97%), Sodium: 597.07mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.8%), Selenium: 55.34µg (79.05%), Vitamin B3: 9.27mg (46.34%), Vitamin K: 36.25µg (34.52%), Vitamin D: 4.43µg (29.55%), Phosphorus: 263.79mg (26.38%), Vitamin B12: 1.46µg (24.25%), Manganese: 0.47mg (23.69%), Vitamin E: 1.9mg (12.7%), Potassium: 388.54mg (11.1%), Copper:

0.22mg (11.02%), Magnesium: 41.76mg (10.44%), Iron: 1.83mg (10.17%), Vitamin B2: 0.13mg (7.36%), Vitamin B6: 0.15mg (7.31%), Zinc: 1.06mg (7.09%), Vitamin B5: 0.69mg (6.88%), Fiber: 1.43g (5.7%), Vitamin B1: 0.08mg (5.38%), Calcium: 30.27mg (3.03%), Vitamin C: 2.42mg (2.93%), Vitamin A: 134.37IU (2.69%), Folate: 10.17 μ g (2.54%)