



Italian Tuna Toss

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb cauliflower florets fresh
- 10 oz the salad mixed
- 1 cucumber sliced
- 10 oz tuna drained canned
- 2 oz pimientos diced drained ()
- 0.3 cup salad dressing italian
- 0.3 cup bacon bits

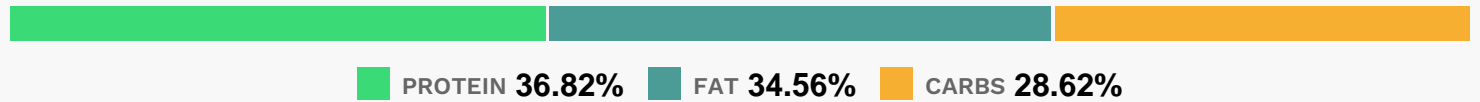
Equipment

bowl

Directions

- Toss all ingredients except dressing and bacon flavor bits in large salad bowl; refrigerate.
- Just before serving, toss with dressing and bacon flavor bits.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:16.628695519074%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 155.89kcal (7.79%), Fat: 6.11g (9.4%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 8.3g (3.02%), Sugar: 3.86g (4.29%), Cholesterol: 17.01mg (5.67%), Sodium: 445.17mg (19.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin C: 59.07mg (71.6%), Selenium: 33.74µg (48.2%), Vitamin B3: 5.59mg (27.97%), Vitamin K: 23.69µg (22.56%), Vitamin B12: 1.33µg (22.21%), Folate: 82.64µg (20.66%), Vitamin B6: 0.39mg (19.73%), Vitamin A: 855.28IU (17.11%), Phosphorus: 152.26mg (15.23%), Potassium: 501.97mg (14.34%), Fiber: 3.08g (12.34%), Manganese: 0.24mg (12.24%), Magnesium: 44.08mg (11.02%), Iron: 1.81mg (10.08%), Vitamin B1: 0.15mg (9.69%), Copper: 0.17mg (8.63%), Vitamin E: 1.28mg (8.51%), Vitamin B2: 0.13mg (7.88%), Vitamin B5: 0.75mg (7.52%), Zinc: 0.92mg (6.1%), Calcium: 50.59mg (5.06%), Vitamin D: 0.57µg (3.78%)