



Layered Mediterranean Salad



Gluten Free



Very Healthy

READY IN



330 min.

SERVINGS



8

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 5.5 cups navy beans canned drained
- ☐ 26 ounce tuna packed in oil, drained and flaked canned
- ☐ 1 cup cooking wine dry white
- ☐ 2 cucumbers english seeded chopped
- ☐ 2 cups parsley leaves fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 2 large cloves garlic with 1/2 teaspoon salt minced mashed

- ☐ 2 bell peppers diced green
- ☐ 0.5 cup kalamata black pitted sliced
- ☐ 1 cup kalamata black pitted finely chopped
- ☐ 0.5 cup chicken broth low-sodium homemade
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 cups onion finely chopped
- ☐ 1 teaspoon oregano dried crumbled
- ☐ 3 cups yogurt plain
- ☐ 4 plum tomatoes diced
- ☐ 1 onion red sliced thin
- ☐ 1.3 cups onion red finely chopped
- ☐ 0.3 cup red-wine vinegar to taste
- ☐ 0.5 teaspoon salt
- ☐ 8 servings salt and pepper black freshly ground

Equipment

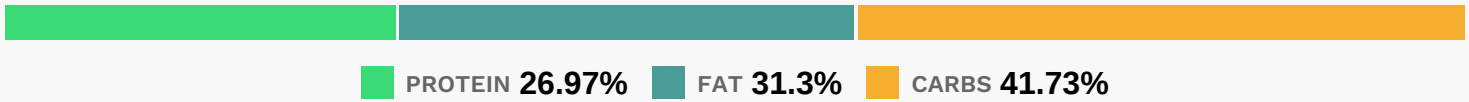
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve

Directions

- ☐ Drain the yogurt in a coffee filter-lined sieve set over a bowl for 1 hour.
- ☐ Put the cucumber in another sieve, sprinkle it with the salt, and let it drain for 1 hour. Pat the cucumber dry between paper towels and transfer it to a bowl. Stir in the yogurt, garlic, and salt and pepper, to taste, and combine the mixture well. Set aside
- ☐ Heat the oil in a skillet over medium heat.

- ☐ Add the onion, garlic, oregano, and cook, stirring, until softened.
- ☐ Add the wine and simmer until reduced by 1/
- ☐ In a food processor, puree the beans and the onion mixture with the broth and season with salt and pepper.
- ☐ Transfer the mixture to a bowl and chill.
- ☐ Make the tuna layer: In a bowl toss together the tuna, onion, olives, parsley, vinegar and olive oil. Season with salt and pepper.
- ☐ Spread the bean puree in the bottom of a trifle bowl, top with the tuna mixture, and spoon the cucumber mixture over the top. Chill covered, for at least 3 hours or overnight.
- ☐ When ready to serve, sprinkle the top with the garnish and serve.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:41.395217418671%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg Quercetin: 17.28mg, Quercetin: 17.28mg, Quercetin: 17.28mg, Quercetin: 17.28mg

Nutrients (% of daily need)

Calories: 562.32kcal (28.12%), Fat: 19.26g (29.63%), Saturated Fat: 4.4g (27.53%), Carbohydrates: 57.79g (19.26%), Net Carbohydrates: 44.46g (16.17%), Sugar: 11.58g (12.86%), Cholesterol: 45.11mg (15.04%), Sodium: 1613.9mg (70.17%), Alcohol: 3.09g (100%), Alcohol %: 0.57% (100%), Protein: 37.34g (74.68%), Vitamin K: 277.42µg (264.21%), Selenium: 76.11µg (108.72%), Vitamin C: 58.48mg (70.88%), Vitamin B3: 11.1mg (55.48%), Fiber: 13.33g (53.32%), Phosphorus: 533.08mg (53.31%), Manganese: 1.06mg (53.07%), Vitamin B12: 2.72µg (45.38%), Folate: 174.49µg (43.62%), Vitamin B6: 0.79mg (39.52%), Vitamin A: 1960.72IU (39.21%), Magnesium: 156.24mg (39.06%), Iron: 6.88mg (38.22%), Potassium: 1320.1mg (37.72%), Vitamin E: 4.68mg (31.21%), Copper: 0.6mg (29.95%), Calcium: 294.82mg (29.48%), Vitamin B1: 0.42mg (27.85%), Vitamin B2: 0.39mg (23.22%), Zinc: 3.17mg (21.12%), Vitamin B5:

1.25mg (12.49%), Vitamin D: 1.2µg (7.98%)