



## Lemony Bean and Tuna Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



3

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce .5 can cannellini beans rinsed drained canned
- 1 cup cherry tomatoes quartered
- 1 tablespoon basil dried
- 0.3 cup green onions chopped
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1 teaspoon olive oil
- 6 ounce tuna in water white chunk flaked drained canned

1 tablespoon citrus champagne vinegar

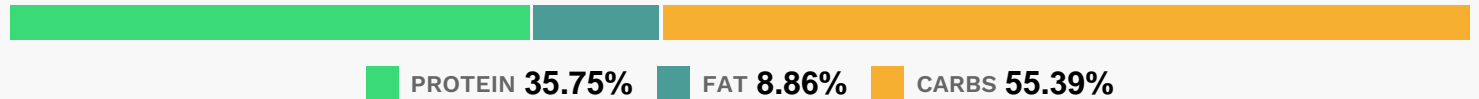
## Equipment

bowl

## Directions

- Combine first 6 ingredients in a large bowl, stirring well.
- Add tomatoes, beans, and tuna; toss gently. Cover and chill at least 1 hour.
- Note: Beans like cannellini beans are low in fat, high in fiber and protein, and packed with vitamins and minerals--all good reasons to include them often in a heart-healthy diet.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:7.33, Inflammation Score:-7, Nutrition Score:22.537391351617%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 242.58kcal (12.13%), Fat: 2.43g (3.74%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 26.17g (9.52%), Sugar: 2.14g (2.38%), Cholesterol: 20.41mg (6.8%), Sodium: 139.63mg (6.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.04g (44.08%), Selenium: 41.06µg (58.66%), Manganese: 0.94mg (47.02%), Vitamin K: 46.53µg (44.31%), Iron: 6.89mg (38.26%), Fiber: 7.97g (31.89%), Vitamin B3: 6.17mg (30.85%), Folate: 112.41µg (28.1%), Potassium: 922.99mg (26.37%), Magnesium: 101.85mg (25.46%), Vitamin B12: 1.46µg (24.29%), Phosphorus: 228.59mg (22.86%), Copper: 0.43mg (21.55%), Vitamin C: 17.66mg (21.4%), Vitamin B6: 0.36mg (17.78%), Calcium: 156.82mg (15.68%), Zinc: 2.17mg (14.44%), Vitamin E: 1.98mg (13.21%), Vitamin B1: 0.18mg (11.96%), Vitamin B2: 0.13mg (7.92%), Vitamin A: 369.13IU (7.38%), Vitamin D: 0.68µg (4.54%), Vitamin B5: 0.44mg (4.43%)