

Main Dish Salad

☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7 ounce albacore tuna in water flaked drained canned
- ☐ 1 cup carrots shredded
- ☐ 0.5 cup celery diced
- ☐ 1 head iceberg lettuce
- ☐ 0.3 cup onion diced
- ☐ 2 cups shoestring potatoes
- ☐ 1 cup creamy salad dressing
- ☐ 1 tablespoon mustard yellow prepared

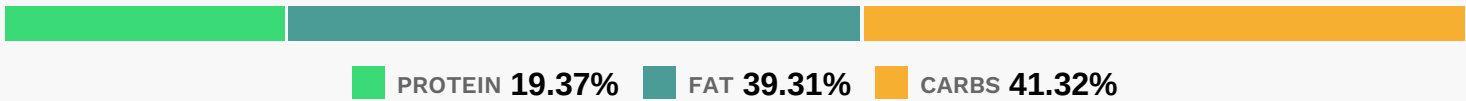
Equipment

☐ bowl

Directions

☐ In a large salad bowl, toss together the lettuce, carrot, celery, onion, and tuna. In a small bowl, stir together the creamy salad dressing and mustard. Stir into the salad so that it is evenly coated. Just before serving, stir in the shoestring potatoes.

Nutrition Facts



Properties

Glycemic Index:63.4, Glycemic Load:15.48, Inflammation Score:-10, Nutrition Score:22.975652445918%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 325.39kcal (16.27%), Fat: 14.39g (22.14%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 28.67g (10.43%), Sugar: 11.98g (13.31%), Cholesterol: 20.84mg (6.95%), Sodium: 864.03mg (37.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.89%), Vitamin A: 6115.09IU (122.3%), Vitamin K: 76.63µg (72.98%), Selenium: 35.63µg (50.9%), Vitamin C: 27.73mg (33.61%), Vitamin B6: 0.58mg (28.98%), Potassium: 954.43mg (27.27%), Vitamin B3: 4.61mg (23.07%), Phosphorus: 224.45mg (22.44%), Manganese: 0.44mg (22.2%), Fiber: 5.36g (21.42%), Folate: 69.66µg (17.41%), Magnesium: 60.92mg (15.23%), Vitamin E: 2.22mg (14.81%), Vitamin B1: 0.19mg (12.7%), Iron: 2.21mg (12.26%), Copper: 0.2mg (10.15%), Vitamin B12: 0.58µg (9.67%), Calcium: 71.71mg (7.17%), Vitamin B2: 0.12mg (7.06%), Vitamin D: 0.99µg (6.61%), Vitamin B5: 0.64mg (6.37%), Zinc: 0.92mg (6.13%)