



Mayonnaise-Free Tuna Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olives black sliced
- ☐ 0.3 cup celery chopped
- ☐ 0.3 teaspoon dill weed
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons olives green sliced
- ☐ 2 tablespoons green onion finely chopped
- ☐ 0.3 teaspoon ground pepper black

- ☐ 2 teaspoons juice of lemon
- ☐ 2 teaspoons juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 12 ounce water-packed tuna flaked drained canned

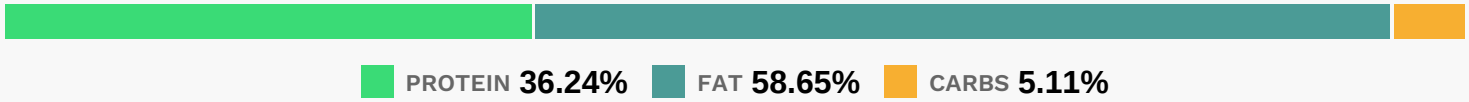
Equipment

- ☐ bowl

Directions

- ☐ Mix tuna, celery, Cheddar cheese, Parmesan cheese, black olives, green olives, green onion, and cilantro together in a large bowl. Beat olive oil, lime juice, lemon juice, garlic, dill, salt, and pepper together in a separate bowl; drizzle over the tuna mixture and toss to coat.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:14.346956512202%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 234.12kcal (11.71%), Fat: 15.21g (23.4%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.4g (0.44%), Cholesterol: 47.28mg (15.76%), Sodium: 733.89mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.28%), Selenium: 63.52µg (90.75%), Vitamin B3:

8.53mg (42.67%), Vitamin B12: 2.4µg (39.97%), Phosphorus: 218.08mg (21.81%), Calcium: 170.04mg (17%), Vitamin B6: 0.31mg (15.46%), Vitamin K: 14.45µg (13.76%), Vitamin E: 1.91mg (12.76%), Iron: 1.67mg (9.26%), Vitamin B2: 0.15mg (8.84%), Zinc: 1.31mg (8.73%), Vitamin D: 1.12µg (7.46%), Magnesium: 28.68mg (7.17%), Vitamin A: 345.91IU (6.92%), Potassium: 218.83mg (6.25%), Copper: 0.07mg (3.63%), Vitamin C: 2.84mg (3.44%), Manganese: 0.07mg (3.41%), Folate: 12.12µg (3.03%), Fiber: 0.68g (2.72%), Vitamin B1: 0.04mg (2.63%), Vitamin B5: 0.23mg (2.31%)