



HEALTH SCORE

65%

Mediterranean Tuna Couscous



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup parsley fresh chopped



2 tablespoons juice of lemon fresh



5.6 oz pine nut couscous mix toasted



8 oz marinated greek salad mix

Equipment

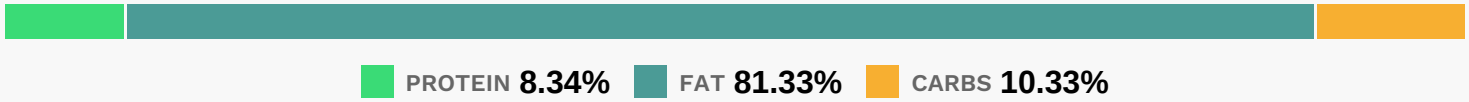


bowl

Directions

- ☐ Prepare couscous according to package directions.
- ☐ Drain Greek salad mix, reserving 3 Tbsp. liquid.
- ☐ Combine Greek salad mix, reserved liquid, tuna, parsley, and lemon juice in a large bowl.
- ☐ Add couscous, and toss to coat.
- ☐ Serve with lemon wedges, if desired.
- ☐ Note: We tested with Bumble Bee Premium Albacore Tuna in Water pouches and Gia Russa Greek Salad.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:13.8734783297%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 186.12kcal (9.31%), Fat: 18.16g (27.93%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.11g (1.49%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 11.81mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Manganese: 2.39mg (119.46%), Vitamin K: 55.26µg (52.63%), Copper: 0.37mg (18.63%), Magnesium: 72.12mg (18.03%), Vitamin C: 14.24mg (17.26%), Phosphorus: 168.73mg (16.87%), Vitamin E: 2.49mg (16.63%), Vitamin A: 647.97IU (12.96%), Zinc: 1.82mg (12.1%), Iron: 1.86mg (10.34%), Vitamin B1: 0.11mg (7.4%), Vitamin B3: 1.41mg (7.03%), Folate: 27.78µg (6.95%), Potassium: 241.98mg (6.91%), Vitamin B2: 0.08mg (4.83%), Fiber: 1.08g (4.31%), Vitamin B6: 0.06mg (2.98%), Vitamin B5: 0.14mg (1.45%), Calcium: 12.9mg (1.29%)