



Mediterranean Tuna Salad

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp knudsen cottage cheese
- 1 tsp 1 tsp. kraft zesty italian dressing italian kraft
- 1 Tbsp real mayo mayonnaise kraft
- 1 Tbsp pimento-stuffed olives green sliced
- 1 medium tomatoes cut into wedges
- 3 oz tuna in water white flaked drained well canned

Equipment

- bowl

Directions

- Combine cottage cheese, mayo and dressing in small bowl.
- Add tuna and olives; mix lightly.
- Serve tuna mixture with tomato wedges.

Nutrition Facts

 **PROTEIN 34.29%**  **FAT 54.61%**  **CARBS 11.1%**

Properties

Glycemic Index:23, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:3.4717391884845%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 48.62kcal (2.43%), Fat: 2.95g (4.53%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1g (0.36%), Sugar: 0.92g (1.02%), Cholesterol: 8.3mg (2.77%), Sodium: 107.81mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Selenium: 12.21µg (17.44%), Vitamin B3: 1.84mg (9.22%), Vitamin B12: 0.47µg (7.77%), Vitamin K: 6.95µg (6.62%), Vitamin A: 231.38IU (4.63%), Vitamin C: 3.37mg (4.09%), Phosphorus: 39.51mg (3.95%), Vitamin B6: 0.08mg (3.9%), Potassium: 96.38mg (2.75%), Vitamin E: 0.36mg (2.42%), Iron: 0.37mg (2.06%), Magnesium: 7.34mg (1.84%), Vitamin B2: 0.03mg (1.71%), Manganese: 0.03mg (1.59%), Vitamin D: 0.22µg (1.44%), Fiber: 0.35g (1.39%), Copper: 0.03mg (1.35%), Folate: 5.28µg (1.32%), Zinc: 0.18mg (1.22%), Calcium: 11.66mg (1.17%), Vitamin B1: 0.02mg (1.11%)