



 **83%**  
HEALTH SCORE

## Mediterranean Tuna Salad

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce chickpeas drained and rinsed canned
- 1 kirby cucumber seeded chopped
- 2 teaspoons dijon mustard
- 0.3 cup optional: dill fresh chopped
- 1 pint grape tomatoes halved
- 1 juice of lemon grated
- 4 servings kosher salt and pepper freshly ground
- 2 pieces naan bread

- 0.3 cup olive oil extra-virgin plus more for brushing
- 1 head romaine lettuce shredded
- 1 bunch scallions sliced
- 12 ounce solid tuna in water white flaked drained canned

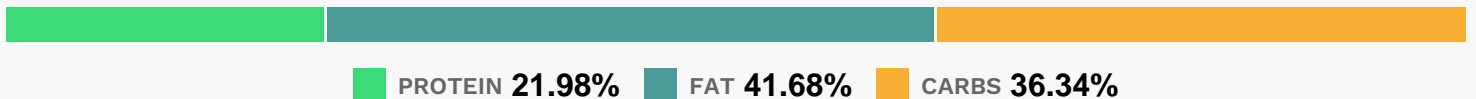
## Equipment

- bowl
- whisk
- grill pan

## Directions

- Whisk the mustard, lemon zest and lemon juice in a small bowl. Slowly whisk in the olive oil until well blended.
- Whisk in the dill, 1/2 teaspoon salt, and pepper to taste.
- Toss the tuna, chickpeas, cucumber, scallions and tomatoes with 1/4 cup of the dressing in a medium bowl.
- Heat a grill pan over medium-high heat. Lightly brush both sides of the pita with olive oil and season with salt and pepper. Cook until golden, about 1 minute per side. Cool slightly and cut into wedges.
- Toss the romaine with the remaining dressing and divide among bowls. Top with the tuna salad and serve with the grilled pita.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:43.08, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:36.65347824926%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

## Nutrients (% of daily need)

Calories: 605.79kcal (30.29%), Fat: 28.33g (43.59%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 55.56g (18.52%), Net Carbohydrates: 44.63g (16.23%), Sugar: 8.36g (9.29%), Cholesterol: 40.68mg (13.56%), Sodium: 1264.35mg (54.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.62g (67.24%), Vitamin A: 14991.19IU (299.82%), Vitamin K: 200.58µg (191.03%), Selenium: 59.46µg (84.94%), Folate: 277.51µg (69.38%), Manganese: 1.32mg (65.93%), Vitamin B6: 0.92mg (45.84%), Fiber: 10.94g (43.75%), Vitamin C: 31.5mg (38.19%), Phosphorus: 362.48mg (36.25%), Potassium: 1163.29mg (33.24%), Vitamin B3: 6.38mg (31.9%), Vitamin E: 4.23mg (28.22%), Magnesium: 103.25mg (25.81%), Iron: 4.48mg (24.88%), Copper: 0.4mg (19.78%), Calcium: 172.73mg (17.27%), Vitamin B12: 1µg (16.58%), Vitamin B1: 0.23mg (15.32%), Vitamin B2: 0.21mg (12.63%), Zinc: 1.85mg (12.35%), Vitamin D: 1.7µg (11.34%), Vitamin B5: 0.94mg (9.43%)