



Mediterranean Tuna Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 cup olives black pitted roughly chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup roasted peppers red chopped
- ☐ 1.5 cups romaine lettuce shredded
- ☐ 5 servings salt and pepper
- ☐ 5 servings whole-grain crackers

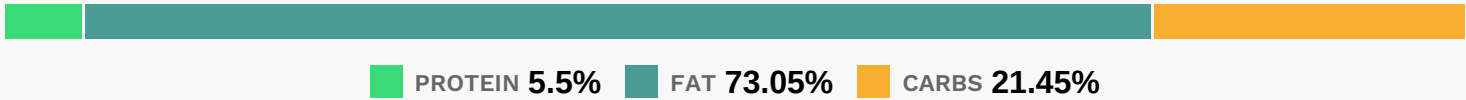
Equipment

☐ bowl

Directions

- ☐ In a bowl, fold peppers and olives into tuna salad. In a separate medium bowl, drizzle oil and vinegar over lettuce and toss well. Season with salt and pepper and toss again.
- ☐ Place tuna salad on top of lettuce; serve with crackers, if desired.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:3.0547825920841%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 21.82kcal (1.09%), Fat: 1.9g (2.93%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 428.24mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.65%), Vitamin A: 1303.17IU (26.06%), Vitamin K: 15.03µg (14.31%), Vitamin C: 4.9mg (5.94%), Folate: 20.87µg (5.22%), Vitamin E: 0.39mg (2.6%), Fiber: 0.63g (2.52%), Manganese: 0.04mg (1.93%), Potassium: 52.46mg (1.5%), Vitamin B6: 0.03mg (1.46%), Iron: 0.26mg (1.43%), Copper: 0.03mg (1.37%), Calcium: 12.39mg (1.24%)