



HEALTH SCORE

90%

Mediterranean Tuna Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



5

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 large tomatoes
- ☐ 9 oz tuna in olive oil light undrained canned
- ☐ 15.5 oz great northern beans rinsed drained canned
- ☐ 0.3 cup parsley fresh italian chopped (flat-leaf)
- ☐ 2 tablespoons capers drained
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons garlic finely chopped
- ☐ 1 teaspoon salt

- ☐ 0.3 teaspoon pepper
- ☐ 5 sprigs parsley fresh italian (flat-leaf)

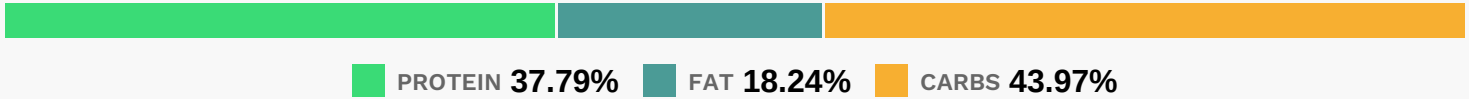
Equipment

- ☐ bowl

Directions

- ☐ Cut very thin slice from bottom of each tomato so it will stand upright.
- ☐ Cut thin slice from top of each tomato; scoop out tomato flesh, leaving tomato shell.
- ☐ Remove seeds from tomato flesh; chop enough tomato flesh to measure 1 cup.
- ☐ In medium bowl, toss chopped tomato, tuna, beans, chopped parsley, capers, lemon juice, garlic, salt and pepper.
- ☐ Spoon tuna mixture into hollowed-out tomatoes.
- ☐ Garnish with parsley sprigs.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:2.02, Inflammation Score:-9, Nutrition Score:25.722174084705%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 4.43mg, Kaempferol: 4.43mg, Kaempferol: 4.43mg, Kaempferol: 4.43mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 240.18kcal (12.01%), Fat: 4.99g (7.67%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 20.24g (7.36%), Sugar: 5.07g (5.64%), Cholesterol: 9.19mg (3.06%), Sodium: 781.15mg (33.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.48%), Vitamin K: 103.4µg (98.48%), Selenium: 42.61µg (60.88%), Vitamin C: 35.39mg (42.9%), Vitamin B3: 7.9mg (39.52%), Vitamin A: 1897.92IU (37.96%),

Phosphorus: 327.26mg (32.73%), Manganese: 0.62mg (30.88%), Folate: 109.71µg (27.43%), Fiber: 6.8g (27.21%), Potassium: 884.39mg (25.27%), Vitamin D: 3.42µg (22.79%), Magnesium: 84.74mg (21.18%), Vitamin B12: 1.12µg (18.71%), Iron: 2.92mg (16.24%), Vitamin B6: 0.32mg (15.93%), Copper: 0.31mg (15.44%), Vitamin B1: 0.22mg (14.74%), Vitamin E: 1.5mg (10%), Zinc: 1.41mg (9.43%), Vitamin B2: 0.16mg (9.4%), Calcium: 81.66mg (8.17%), Vitamin B5: 0.63mg (6.32%)