



## Mediterranean Tuna Salad

 **Gluten Free**  **Dairy Free**

READY IN



11 min.

SERVINGS



3

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce solid albacore tuna in water flaked drained canned
- 0.3 teaspoon pepper black freshly ground
- 2 celery stalks thinly sliced
- 2 tablespoons kalamata olives pitted coarsely chopped
- 0.1 teaspoon kosher salt
- 2.5 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 0.5 cup onion red thinly sliced

2 large tomatoes sliced

## Equipment

bowl

## Directions

- Combine first 4 ingredients in a medium bowl.
- Add lemon juice and next 3 ingredients; toss gently to combine.
- Serve salad over sliced tomatoes.

## Nutrition Facts

 **PROTEIN 49.31%**  **FAT 35.93%**  **CARBS 14.76%**

## Properties

Glycemic Index:43, Glycemic Load:1.82, Inflammation Score:-8, Nutrition Score:17.41695669423%

## Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

## Nutrients (% of daily need)

Calories: 230.18kcal (11.51%), Fat: 9.16g (14.09%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 6.26g (2.27%), Sugar: 4.7g (5.22%), Cholesterol: 47.63mg (15.88%), Sodium: 617.12mg (26.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.56%), Selenium: 74.72µg (106.74%), Vitamin B3: 7.36mg (36.81%), Vitamin C: 23.52mg (28.5%), Phosphorus: 285.04mg (28.5%), Vitamin B12: 1.33µg (22.11%), Vitamin A: 1068.51IU (21.37%), Vitamin B6: 0.38mg (19.25%), Potassium: 619.58mg (17.7%), Vitamin E: 2.53mg (16.85%), Vitamin K: 16.47µg (15.68%), Vitamin D: 2.27µg (15.12%), Magnesium: 55.35mg (13.84%), Manganese: 0.22mg (11%), Fiber: 2.21g (8.83%), Iron: 1.57mg (8.71%), Folate: 29.18µg (7.3%), Copper: 0.14mg (6.89%), Zinc: 0.81mg (5.4%), Vitamin B2: 0.08mg (4.95%), Vitamin B1: 0.07mg (4.74%), Calcium: 39.58mg (3.96%), Vitamin B5: 0.31mg (3.08%)