



Mediterranean Tuna Wrap

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup calamata olives chopped
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 3 ounces pre-washed greens mixed
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.5 teaspoon lemon zest
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup onion diced red finely

- ☐ 4 servings salt
- ☐ 2 large tomatoes sliced
- ☐ 12 ounce tuna in water light chunk drained well canned
- ☐ 8 ounces whole-grain wrap breads

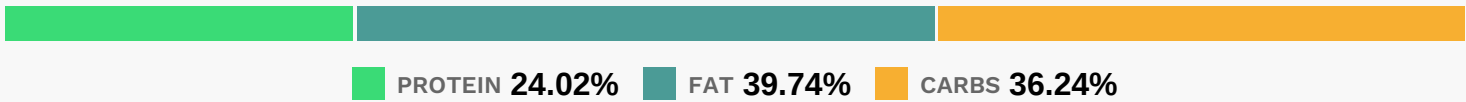
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl combine the tuna, onion, parsley, olives.
- ☐ In a small bowl, whisk together the olive oil, zest, lemon juice, salt and pepper.
- ☐ Pour about 2/3 the dressing over the tuna mixture and toss to combine. In a separate bowl, pour the rest of the dressing over the greens and toss to combine.
- ☐ Place some tuna salad onto each piece of wrap bread. Top with 1 1/2 cups of greens and a few tomato slices.
- ☐ Roll the wraps and serve.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:20.756956380347%

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: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 372.61kcal (18.63%), Fat: 16.63g (25.58%), Saturated Fat: 3.11g (19.44%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 28.61g (10.4%), Sugar: 5.61g (6.24%), Cholesterol: 30.62mg (10.21%), Sodium: 877.24mg (38.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.22%), Selenium: 57.89µg (82.7%), Vitamin K: 75.5µg (71.91%), Vitamin B3: 9.18mg (45.92%), Vitamin B12: 2.19µg (36.43%), Vitamin C: 26.35mg (31.94%), Vitamin A: 1398.43IU (27.97%), Fiber: 5.51g (22.06%), Iron: 3.53mg (19.63%), Vitamin B6: 0.38mg (19.21%), Vitamin E: 2.65mg (17.66%), Phosphorus: 152.85mg (15.28%), Calcium: 141.28mg (14.13%), Potassium: 450.44mg (12.87%), Manganese: 0.18mg (9.21%), Magnesium: 36.38mg (9.09%), Folate: 34.32µg (8.58%), Vitamin D: 1.02µg (6.8%), Copper: 0.13mg (6.38%), Vitamin B2: 0.11mg (6.24%), Zinc: 0.83mg (5.51%), Vitamin B1: 0.08mg (5.15%), Vitamin B5: 0.27mg (2.74%)