



 **22%**
HEALTH SCORE

Mediterranean Tuna Salad

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

READY IN



45 min.

SERVINGS



2

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings arugula
- 1 tablespoon balsamic vinegar red
- 1 tablespoon capers chopped
- 6 kalamata olives black pitted chopped
- 2 tablespoons mayonnaise
- 3 tablespoons olive oil
- 1 tablespoon flat parsley italian chopped
- 1 roma tomatoes diced seeded

- 2 servings the salad mixed
- 1 small shallots finely chopped
- 7 oz albacore solid tuna white canned
- 0.5 teaspoon sugar
- 2 tablespoons citrus champagne vinegar

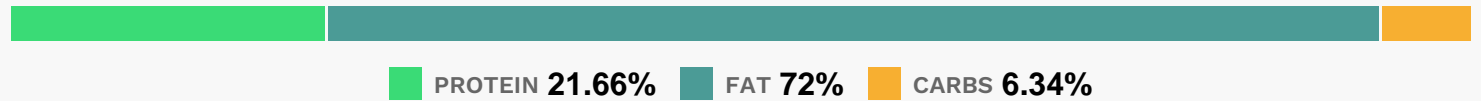
Equipment

- bowl
- ramekin

Directions

- In a small bowl or ramekin, add the finely chopped shallot and cover with white wine vinegar and 1/2 teaspoon of sugar. Set aside and let marinate while preparing the tuna.
- Drain the tuna removing any excess water. In a bowl, add the tuna and with a fork; break into bite size pieces.
- Add the remaining ingredients and mix well.
- Serve on a bed of mixed salad, tossed with olive oil and red balsamic vinaigrette. The ratio for the vinaigrette is 1 part vinegar to 3 parts oil.
- Garnish with whole kalamata olives and parsley.

Nutrition Facts



Properties

Glycemic Index:151.05, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:22.737826086957%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 8.8mg, Kaempferol: 8.8mg, Kaempferol: 8.8mg, Kaempferol: 8.8mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Taste

Sweetness: 18.52%, Saltiness: 6.74%, Sourness: 15.29%, Bitterness: 3.89%, Savoriness: 3.56%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 521.66kcal (26.08%), Fat: 41.55g (63.92%), Saturated Fat: 6.09g (38.03%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.38g (4.86%), Cholesterol: 36.64mg (12.21%), Sodium: 800.52mg (34.81%), Protein: 28.12g (56.25%), Selenium: 60.46µg (86.37%), Vitamin K: 89.71µg (85.44%), Vitamin B3: 12.15mg (60.74%), Vitamin E: 6.49mg (43.25%), Vitamin B12: 2.2µg (36.66%), Phosphorus: 308.37mg (30.84%), Vitamin B6: 0.54mg (27.07%), Vitamin A: 1196.57IU (23.93%), Vitamin C: 18.93mg (22.95%), Potassium: 586.89mg (16.77%), Magnesium: 54.21mg (13.55%), Copper: 0.22mg (11.23%), Folate: 43.38µg (10.85%), Manganese: 0.2mg (10.17%), Iron: 1.8mg (9.99%), Vitamin B2: 0.13mg (7.45%), Fiber: 1.52g (6.09%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.77mg (5.14%), Calcium: 47.89mg (4.79%), Vitamin B1: 0.06mg (3.91%)