



HEALTH SCORE

100%

Mexican tuna & bean salad



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



845 kcal

SIDE DISH

Ingredients

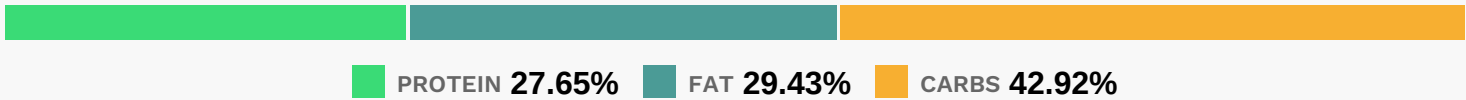
- ☐ 2 large wholewheat pita breads
- ☐ 400 g beans mixed drained and rinsed canned
- ☐ 1 avocado sliced chopped
- ☐ 4 large tomatoes deseeded chopped
- ☐ 0.5 bunch spring onion sliced
- ☐ 1 to 5 chillies red chopped
- ☐ 400 g water-packed tuna drained canned
- ☐ 3 tbsp dressing french homemade bought

Equipment

Directions

- ☐
- Toast the pitta breads. Once cool, tear into large pieces.
- ☐
- Mix together the beans, avocado, tomatoes, spring onions and chilli. Flake the tuna on top of the salad, pour over the salad dressing, then add the crisp pieces of pitta.
- ☐
- Mix gently and serve straight away.

Nutrition Facts



Properties

Glycemic Index:152, Glycemic Load:46.34, Inflammation Score:-10, Nutrition Score:58.94130433124%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 844.8kcal (42.24%), Fat: 28.32g (43.56%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 92.91g (30.97%), Net Carbohydrates: 68.82g (25.02%), Sugar: 19.44g (21.61%), Cholesterol: 72mg (24%), Sodium: 1458.46mg (63.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.85g (119.71%), Selenium: 138.35µg (197.64%), Vitamin B3: 26.39mg (131.96%), Vitamin C: 94.98mg (115.13%), Vitamin K: 103.07µg (98.16%), Fiber: 24.09g (96.36%), Vitamin B12: 5.17µg (86.23%), Manganese: 1.52mg (76.15%), Vitamin B6: 1.5mg (74.89%), Vitamin A: 3678.23IU (73.56%), Phosphorus: 701.72mg (70.17%), Potassium: 2409.03mg (68.83%), Folate: 219.42µg (54.85%), Magnesium: 198.84mg (49.71%), Iron: 8.61mg (47.85%), Copper: 0.94mg (46.77%), Vitamin B1: 0.66mg (44.19%), Vitamin E: 6.13mg (40.89%), Vitamin B2: 0.6mg (35.02%), Zinc: 4.44mg (29.58%), Vitamin B5: 2.56mg (25.64%), Calcium: 208.01mg (20.8%), Vitamin D: 2.4µg (16%)