



Milly's Tuna on a Shoestring

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce tuna drained canned
- 1 cup carrots shredded
- 1 cup celery diced
- 0.8 cup mayonnaise to taste
- 0.3 cup onion minced
- 9 ounce shoestring potatoes canned

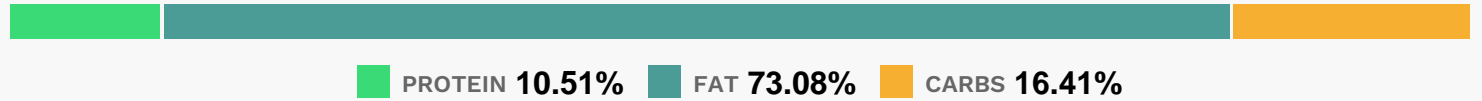
Equipment

- bowl

Directions

- Break the tuna apart in a bowl.
- Add the carrot, celery, onion, and mayonnaise; stir to mix. Fold in the shoestring potatoes just before serving.

Nutrition Facts



Properties

Glycemic Index:47.92, Glycemic Load:7.69, Inflammation Score:-10, Nutrition Score:15.191304186116%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 314.91kcal (15.75%), Fat: 25.6g (39.39%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 10.63g (3.87%), Sugar: 2.41g (2.68%), Cholesterol: 26.36mg (8.79%), Sodium: 325.07mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.56%), Vitamin A: 4409.85IU (88.2%), Vitamin K: 65.14µg (62.03%), Selenium: 24.14µg (34.48%), Vitamin B3: 4.24mg (21.19%), Vitamin B6: 0.32mg (16.1%), Vitamin C: 12.78mg (15.49%), Vitamin B12: 0.91µg (15.24%), Potassium: 427.55mg (12.22%), Phosphorus: 98.88mg (9.89%), Vitamin E: 1.44mg (9.63%), Fiber: 2.3g (9.19%), Manganese: 0.15mg (7.73%), Magnesium: 25.99mg (6.5%), Iron: 1.17mg (6.5%), Folate: 24.86µg (6.22%), Vitamin B1: 0.08mg (5.28%), Copper: 0.1mg (4.98%), Vitamin B2: 0.08mg (4.65%), Vitamin B5: 0.39mg (3.89%), Zinc: 0.52mg (3.49%), Calcium: 33.3mg (3.33%), Vitamin D: 0.48µg (3.17%)