



Mock Tuna Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 celery stalks whole
- ☐ 15 ounces chickpeas drained and rinsed
- ☐ 0.5 tsp kombu
- ☐ 1 tbsp soya sauce low sodium
- ☐ 2 tbsp vegan mayo fat-free ()
- ☐ 2 tsp nutritional yeast
- ☐ 0.5 tsp onion flakes
- ☐ 2 tbsp relish (dill pickle)

Equipment

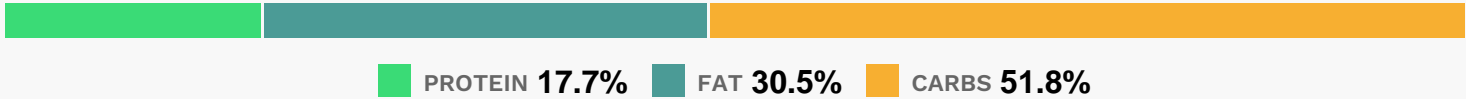
- ☐ food processor
- ☐ mixing bowl
- ☐ grater

Directions

- ☐ In a large mixing bowl, mash chickpeas with a fork until coarse and no whole beans are left. Alternatively, pulse beans in a food processor a few times -- careful not to puree, and transfer to a mixing bowl. Shred celery with a cheese grater or pulse a few times in a food processor.
 - ☐ Transfer to the mixing bowl and add remaining ingredients, stirring to combine.
 - ☐ Add more vegan mayo and/or kelp as necessary or desired and black pepper to taste. Use Nasoya's fat-free vegan mayo or use the fat-free homemade mayo recipe in my cookbook. Many low fat mayo's, such as Trader Joes brand, are also accidentally vegan but not fat-free. Chef's notes: 1 small dill pickle may be shredded or minced and used in place of the relish. You can also add a light squirt of lemon juice for added flavor.
- Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 10g
- ☐ Carbohydrate
- ☐ 70g Dietary Fiber 5.10g Sugars 1g Protein 7.70g

Nutrition Facts



Properties

Glycemic Index:26.94, Glycemic Load:5.45, Inflammation Score:-5, Nutrition Score:12.857825905732%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 230.88kcal (11.54%), Fat: 8.01g (12.32%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 22.08g (8.03%), Sugar: 5.52g (6.13%), Cholesterol: 2.9mg (0.97%), Sodium: 258.13mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.92%), Manganese: 1.13mg (56.39%), Folate: 188.4µg (47.1%), Fiber: 8.53g (34.11%), Copper: 0.38mg (19.17%), Phosphorus: 190.48mg (19.05%), Iron: 3.25mg (18.05%), Vitamin K: 17.76µg (16.91%), Magnesium: 55.91mg (13.98%), Zinc: 1.7mg (11.32%), Potassium: 368.84mg (10.54%), Vitamin B1: 0.13mg (8.86%), Vitamin B6: 0.17mg (8.43%), Calcium: 61.25mg (6.13%), Selenium: 4.16µg (5.94%), Vitamin B2: 0.08mg (4.99%), Vitamin E: 0.64mg (4.24%), Vitamin B5: 0.35mg (3.5%), Vitamin B3: 0.63mg (3.14%), Vitamin C: 2.08mg (2.52%), Vitamin A: 56.52IU (1.13%)