



My Best Tuna Salad

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small carrots grated
- 0.3 cup celery diced
- 0.5 cup green onions finely chopped
- 0.1 teaspoon coarsely ground pepper
- 2 hard-cooked eggs grated
- 6 lettuce leaves
- 0.3 cup mayonnaise
- 1 medium size apples red peeled finely chopped

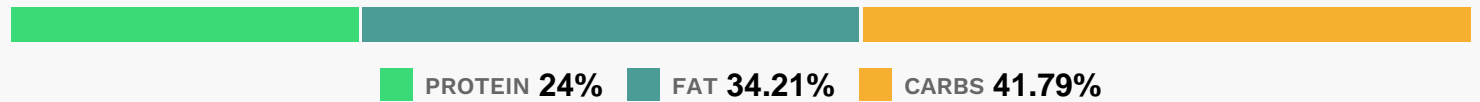
- 0.1 teaspoon salt
- 9 ounce solid tuna in spring water white flaked drained canned
- 12 slices bread whole wheat

Equipment

Directions

- Stir together first 9 ingredients. Cover and chill 1 hour.
- Cut and discard crusts from bread slices, if desired.
- Spread 6 bread slices evenly with tuna salad. Top with lettuce and remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:49.09, Glycemic Load:16.03, Inflammation Score:-9, Nutrition Score:22.136521505273%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 295.96kcal (14.8%), Fat: 11.23g (17.28%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 26.02g (9.46%), Sugar: 6.75g (7.5%), Cholesterol: 81.4mg (27.13%), Sodium: 490.99mg (21.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.47%), Selenium: 48.85µg (69.78%), Vitamin A: 3406.37IU (68.13%), Manganese: 1.33mg (66.32%), Vitamin K: 40.03µg (38.13%), Vitamin B3: 6.97mg (34.87%), Phosphorus: 224.98mg (22.5%), Vitamin B12: 1.29µg (21.48%), Fiber: 4.86g (19.42%), Vitamin B1: 0.28mg (18.92%), Vitamin B6: 0.33mg (16.71%), Magnesium: 62.5mg (15.62%), Iron: 2.78mg (15.42%), Vitamin B2: 0.26mg (15.35%), Calcium: 129.12mg (12.91%), Folate: 51.49µg (12.87%), Potassium: 377.9mg (10.8%), Zinc: 1.57mg (10.49%), Vitamin C: 7.9mg (9.58%), Copper: 0.17mg (8.59%), Vitamin E: 1.16mg (7.73%), Vitamin B5: 0.75mg (7.55%), Vitamin D: 0.9µg

(5.97%)