



New potato, tuna & spinach salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 500 g new potatoes
- ☐ 2 tbsp pesto sauce
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 225 g half a bag washed-and-ready-to-use young leaf spinach
- ☐ 2 roasted peppers from a jar red drained cut into strips
- ☐ 370 g tuna flaked drained canned (any kind will do)

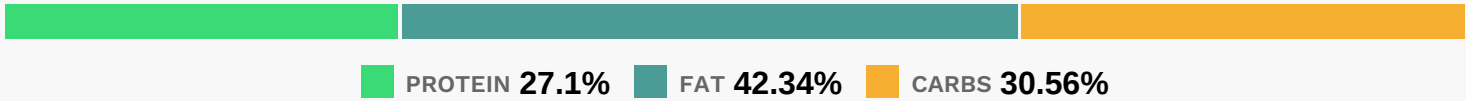
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ COOK THE POTATOES: Bring a large pan of salted water to the boil. Tip in the potatoes, bring back to the boil and cook for 15–20 minutes until tender.
- ☐ Whisk the pesto with the olive oil and white wine vinegar and season with salt and pepper.
- ☐ Drain the potatoes and, while they are still hot, tip them into a large bowl with the spinach, peppers and dressing. Toss everything together so the heat from the potatoes gently wilts the spinach and the dressing coats all the leaves. Now add the tuna and carefully toss again to keep the tuna in fairly large flakes. Pile on to plates and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:15.99, Inflammation Score:-6, Nutrition Score:18.93652161308%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 305.38kcal (15.27%), Fat: 14.31g (22.02%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 20.15g (7.33%), Sugar: 1.22g (1.35%), Cholesterol: 33.9mg (11.3%), Sodium: 533.97mg (23.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.22%), Selenium: 63.15µg (90.21%), Vitamin B3: 10.6mg (52.98%), Vitamin C: 33.25mg (40.3%), Vitamin B12: 2.38µg (39.62%), Vitamin B6: 0.7mg (34.88%), Potassium: 717.62mg (20.5%), Phosphorus: 201.97mg (20.2%), Iron: 2.79mg (15.48%), Magnesium: 52.21mg (13.05%), Fiber: 3.09g (12.37%), Vitamin E: 1.83mg (12.2%), Manganese: 0.24mg (12.01%), Copper: 0.2mg (10.19%), Vitamin B1: 0.13mg (8.82%), Vitamin K: 8.88µg (8.46%), Vitamin D: 1.11µg (7.4%), Vitamin B2: 0.12mg (7.14%), Zinc: 1.01mg (6.72%), Folate: 26.66µg (6.66%), Vitamin A: 302.63IU (6.05%), Calcium: 51.64mg (5.16%), Vitamin B5: 0.51mg (5.14%)