



## New Wife Tuna Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



12

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 24 ounce tuna drained canned
- 1 stalk celery chopped
- 0.5 teaspoon celery seed
- 2 tablespoons dill pickle relish
- 0.5 teaspoon ground pepper black
- 5 hard-cooked eggs chopped
- 1 tablespoon dijon honey mustard
- 1 cup mayonnaise

0.5 teaspoon lawry's seasoned salt

0.5 cup onion sweet chopped

## Equipment

bowl

## Directions

Place the tuna, hard-cooked egg, celery and onion in a large bowl. In a small bowl, stir together the mayonnaise, honey mustard, relish, celery seed, pepper and seasoned salt.

Pour over the ingredients in the other bowl, and stir gently to coat.

Serve immediately at room temperature, or chill until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:10.515652161577%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

## Nutrients (% of daily need)

Calories: 218.16kcal (10.91%), Fat: 16.75g (25.77%), Saturated Fat: 3g (18.73%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.97g (1.08%), Cholesterol: 105.96mg (35.32%), Sodium: 402.31mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Selenium: 45.35µg (64.78%), Vitamin K: 31.74µg (30.22%), Vitamin B12: 1.71µg (28.51%), Vitamin B3: 5.67mg (28.37%), Phosphorus: 121.62mg (12.16%), Vitamin B6: 0.22mg (11.03%), Vitamin B2: 0.16mg (9.5%), Vitamin D: 1.18µg (7.84%), Iron: 1.34mg (7.42%), Vitamin E: 1.03mg (6.84%), Magnesium: 17.26mg (4.32%), Zinc: 0.65mg (4.31%), Potassium: 150.62mg (4.3%), Vitamin B5: 0.42mg (4.23%), Folate: 15.15µg (3.79%), Vitamin A: 172.49IU (3.45%), Calcium: 26.81mg (2.68%), Vitamin B1: 0.04mg (2.5%), Manganese: 0.04mg (2.18%), Copper: 0.04mg (2.14%)