



HEALTH SCORE

70%

Provencal Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 ounces capers rinsed drained



0.3 cup champagne vinegar



12 ounces cherry tomatoes halved



2 teaspoons dijon mustard



0.5 cup flat parsley finely chopped



2 large garlic clove minced



1 pound green beans trimmed halved



4 large hardboiled eggs quartered

- ☐ 3 ounces kalamata olives pitted
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon sugar
- ☐ 12 ounce tuna in olive oil drained canned
- ☐ 1 pound yukon gold potatoes (1- to 2-inch)

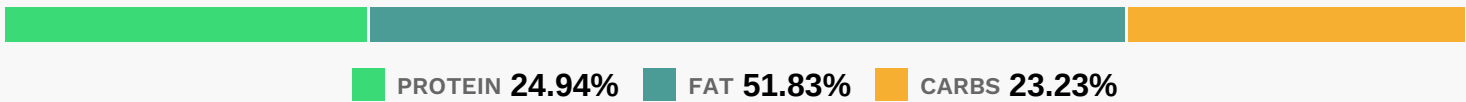
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Whisk together vinegar, mustard, garlic, sugar, 1/2 teaspoon salt, and 1/4teaspoon pepper, then add oil in a slow stream, whisking until emulsified.
- ☐ Cook beans in a pot of boiling salted water (2 tablespoons salt for 6 quarts water), uncovered, until tender, 5 to 6 minutes. Immediately transfer with a slotted spoon to a bowl of ice water to stop cooking.
- ☐ Drain beans and pat dry.
- ☐ Add potatoes to boiling water and simmer, uncovered, until tender, about 20 minutes, then drain. Halve potatoes while still warm.
- ☐ Gently flake tuna and toss with 1 tablespoon dressing.
- ☐ Toss potatoes and beans with tomatoes, olives, capers, parsley, and remaining dressing in a large bowl. Season with salt and pepper and top with tuna and eggs.

Nutrition Facts



Properties

Glycemic Index:73.46, Glycemic Load:17.3, Inflammation Score:-9, Nutrition Score:39.00434821585%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 10.85mg, Kaempferol: 10.85mg, Kaempferol: 10.85mg, Kaempferol: 10.85mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg

Nutrients (% of daily need)

Calories: 586.48kcal (29.32%), Fat: 34.2g (52.61%), Saturated Fat: 5.98g (37.4%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 27.02g (9.83%), Sugar: 8.02g (8.91%), Cholesterol: 201.81mg (67.27%), Sodium: 1000.22mg (43.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.03g (74.06%), Vitamin K: 226.81µg (216.01%), Selenium: 82.83µg (118.33%), Vitamin C: 66.4mg (80.48%), Vitamin B3: 13.28mg (66.39%), Phosphorus: 494.14mg (49.41%), Vitamin D: 6.8µg (45.32%), Vitamin A: 2253.14IU (45.06%), Vitamin B12: 2.43µg (40.43%), Vitamin E: 5.74mg (38.25%), Vitamin B6: 0.75mg (37.55%), Potassium: 1210.23mg (34.58%), Vitamin B2: 0.55mg (32.56%), Fiber: 7.47g (29.87%), Manganese: 0.59mg (29.67%), Iron: 5.33mg (29.61%), Folate: 106.76µg (26.69%), Magnesium: 104.05mg (26.01%), Copper: 0.4mg (20.12%), Vitamin B1: 0.3mg (19.97%), Vitamin B5: 1.77mg (17.67%), Zinc: 2.16mg (14.4%), Calcium: 130.59mg (13.06%)