



## Ranch Tuna and Potato Salad with Roasted Jalapenos

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

### Ingredients

- 0.5 tsp pepper black
- 1 tsp mexican oregano dried
- 4 jalapeño peppers deveined peeled seeded sliced
- 2 plum tomatoes quartered
- 1 lb warm new potatoes cooked quartered
- 0.3 cup classic ranch dressing kraft
- 0.5 cup onions red chopped

- 1.5 cups romaine lettuce shredded
- 7 oz tuna in water light chunk flaked drained canned

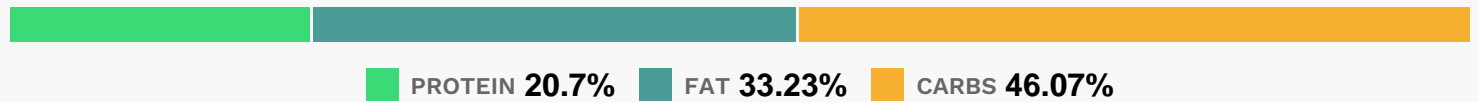
## Equipment

- bowl

## Directions

- Combine first 5 ingredients in medium bowl. Stir in jalapeo peppers.
- Add warm potatoes; gently stir to combine. Cool.
- Place lettuce on platter; top with potato mixture and tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:24.47, Glycemic Load:7.81, Inflammation Score:-8, Nutrition Score:13.378695560538%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

## Nutrients (% of daily need)

Calories: 130.08kcal (6.5%), Fat: 4.92g (7.56%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 12.41g (4.51%), Sugar: 3.29g (3.65%), Cholesterol: 11.53mg (3.84%), Sodium: 151.57mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Vitamin C: 62.23mg (75.43%), Vitamin K: 30.83µg (29.36%), Selenium: 17.44µg (24.91%), Vitamin A: 1140.62IU (22.81%), Vitamin B6: 0.42mg (20.83%), Vitamin B3: 3.49mg (17.46%), Potassium: 470.48mg (13.44%), Manganese: 0.24mg (11.98%), Fiber: 2.93g (11.71%), Vitamin B12: 0.65µg (10.91%), Phosphorus: 106.6mg (10.66%), Folate: 33.18µg (8.29%), Magnesium: 29.96mg (7.49%), Iron: 1.33mg (7.4%), Vitamin B1: 0.11mg (7.03%), Copper: 0.13mg (6.73%), Vitamin B2: 0.08mg (4.52%), Vitamin E: 0.67mg (4.46%), Vitamin B5: 0.39mg (3.86%), Zinc: 0.49mg (3.29%), Calcium: 30.92mg (3.09%), Vitamin D: 0.31µg (2.05%)