



Red Grape & Tuna Salad Pita



Gluten Free



Dairy Free



Low Fod Map

READY IN



7 min.

SERVINGS



1

CALORIES



265 kcal

Ingredients



0.1 teaspoon pepper black



1 tablespoon mint leaves fresh chopped



1 tablespoon juice of lemon



2 teaspoons olive oil



0.5 cup grapes red halved



1 tablespoon slivered almonds



3 ounces water-packed tuna drained canned



1 frangelico halved

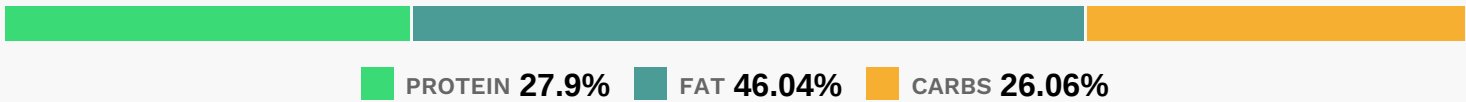
Equipment

☐ bowl

Directions

- ☐ Combine first 7 ingredients (through pepper) in a small bowl. Toss gently.
- ☐ Serve in pita halves.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:6.1, Inflammation Score:-5, Nutrition Score:17.113478339237%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 2.3mg, Eriodictyol: 2.3mg, Eriodictyol: 2.3mg, Eriodictyol: 2.3mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 264.69kcal (13.23%), Fat: 14g (21.54%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 15.4g (5.6%), Sugar: 12.52g (13.91%), Cholesterol: 30.62mg (10.21%), Sodium: 189.78mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Selenium: 58.18µg (83.11%), Vitamin B3: 9.04mg (45.21%), Vitamin B12: 2.19µg (36.43%), Vitamin E: 4.16mg (27.74%), Manganese: 0.39mg (19.54%), Phosphorus: 184.96mg (18.5%), Vitamin B6: 0.36mg (18.24%), Vitamin K: 16.42µg (15.64%), Vitamin B2: 0.25mg (14.86%), Magnesium: 57.17mg (14.29%), Iron: 2.4mg (13.32%), Copper: 0.26mg (13.09%), Vitamin C: 9.81mg (11.89%), Potassium: 414.49mg (11.84%), Fiber: 2.44g (9.75%), Vitamin B1: 0.11mg (7.07%), Vitamin D: 1.02µg (6.8%), Zinc: 0.99mg (6.61%), Calcium: 64mg (6.4%), Vitamin A: 313.08IU (6.26%), Folate: 18.05µg (4.51%), Vitamin B5: 0.25mg (2.51%)