



## Refreshing Mint and Tuna Salad



Gluten Free

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READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



1 cucumber peeled chopped



6 ounce garlic and herb feta cheese crumbled



0.3 cup mint leaves fresh chopped



0.3 cup parsley fresh chopped



4 cloves garlic minced



4 green onions chopped



0.3 cup juice of lemon



0.3 cup olive oil

- ☐ 3 hearts of romaine lettuce
- ☐ 6 servings salt and pepper to taste
- ☐ 6 ounce tuna in water drained canned

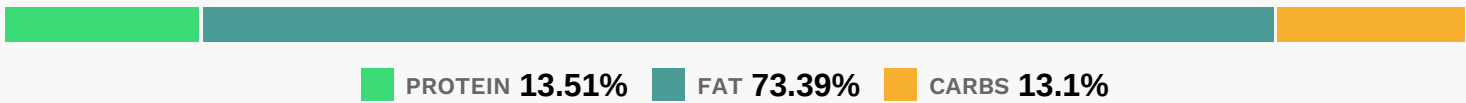
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ In a large serving bowl, toss together the tuna, feta cheese, lettuce, cucumber and green onion. In a smaller bowl, whisk together the olive oil, lemon juice, garlic, parsley, mint leaves, salt and pepper.
- ☐ Pour over salad and toss gently.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:17.276956641156%

## Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

## Nutrients (% of daily need)

Calories: 229.27kcal (11.46%), Fat: 19.46g (29.94%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 5.77g (2.1%), Sugar: 1.85g (2.05%), Cholesterol: 41.02mg (13.67%), Sodium: 419.35mg (18.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.13%), Vitamin K: 124.58µg (118.65%), Vitamin A: 5344.11IU (106.88%), Selenium: 19.84µg (28.35%), Folate: 98.12µg (24.53%), Vitamin C: 13.84mg (16.78%), Vitamin B3: 3.14mg (15.69%), Vitamin B12: 0.73µg (12.14%), Vitamin E: 1.56mg (10.38%), Manganese: 0.2mg (10.17%), Vitamin

B6: 0.2mg (9.85%), Potassium: 322.67mg (9.22%), Iron: 1.59mg (8.86%), Fiber: 2.05g (8.2%), Phosphorus: 75.94mg (7.59%), Magnesium: 25.9mg (6.47%), Vitamin B2: 0.09mg (5.36%), Vitamin B1: 0.08mg (5.28%), Copper: 0.1mg (5.03%), Calcium: 48.95mg (4.9%), Zinc: 0.51mg (3.4%), Vitamin B5: 0.29mg (2.9%), Vitamin D: 0.34µg (2.27%)