



Roasted red pepper & tuna salad with sherry vinegar

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 roasted peppers whole cut into large pieces
- ☐ 80 g tuna in olive oil flaked drained canned
- ☐ 2 eggs peeled quartered
- ☐ 1 small onion red chopped
- ☐ 8 olives black pitted halved
- ☐ 1 tbsp sherry vinegar
- ☐ 3 tbsp olive oil extra virgin extra-virgin

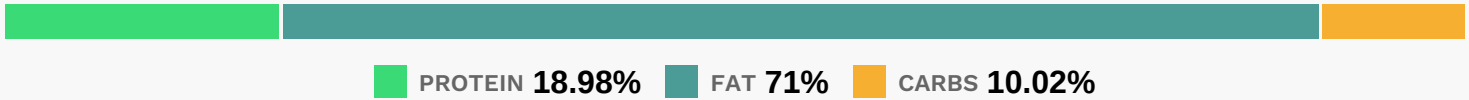
2 tbsp flat parsley chopped

Equipment

Directions

- Arrange the roasted peppers on a plate. Scatter the tuna, eggs, onion and olives on top.
- Drizzle over the vinegar and oil, then scatter with parsley and seasoning.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:7.5052173863287%

Flavonoids

Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 130.8kcal (6.54%), Fat: 10.43g (16.04%), Saturated Fat: 1.76g (11%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.87g (0.97%), Cholesterol: 56.96mg (18.99%), Sodium: 583.38mg (25.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin K: 31.05µg (29.57%), Selenium: 14.87µg (21.24%), Vitamin C: 17.39mg (21.08%), Vitamin E: 1.49mg (9.96%), Vitamin B3: 1.88mg (9.42%), Phosphorus: 83.14mg (8.31%), Vitamin D: 1.19µg (7.91%), Vitamin A: 377.83IU (7.56%), Vitamin B12: 0.42µg (7.06%), Vitamin B6: 0.12mg (5.96%), Vitamin B2: 0.1mg (5.81%), Iron: 0.88mg (4.9%), Folate: 18.06µg (4.52%), Manganese: 0.08mg (4.11%), Copper: 0.08mg (3.79%), Potassium: 129.92mg (3.71%), Fiber: 0.9g (3.6%), Calcium: 31.55mg (3.15%), Vitamin B5: 0.31mg (3.15%), Magnesium: 12.44mg (3.11%), Zinc: 0.41mg (2.75%), Vitamin B1: 0.03mg (1.95%)