



Salad Nicoise

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



219 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce tuna steak (3/)
- 4 cherry tomatoes quartered
- 1.5 teaspoons dijon mustard
- 0.3 pound green beans fresh
- 0.5 teaspoon olive oil
- 1 tablespoon olives ripe sliced
- 0.1 teaspoon pepper freshly ground
- 2 tablespoons julienne- pepper sweet red

- 0.3 pound round potatoes red
- 1 tablespoon purple onion chopped
- 2 cups torn spinach fresh
- 2 tablespoons water
- 3 tablespoons citrus champagne vinegar

Equipment

- oven
- broiler pan

Directions

- Combine first 5 ingredients in a small jar; cover tightly, and shake vigorously. Set aside.
- Wash beans; remove ends. Arrange beans in a vegetable steamer over boiling water. Cover and steam 5 minutes or until crisp-tender.
- Drain.
- Wash potatoes. Cook in boiling water to cover 20 minutes or just until tender.
- Drain and cool slightly.
- Cut potatoes into 1/4-inch-thick slices.
- Combine green beans, potato, sweet red pepper, and onion; toss gently.
- Add half of vinegar mixture; toss gently. Cover and chill 2 hours.
- Brush tuna steak with 1/2 teaspoon olive oil.
- Place on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 3 to 4 minutes on each side or until fish flakes easily when tested with a fork. Flake fish into pieces.
- Place spinach on a serving plate. Arrange green bean mixture, tuna, tomato, and olives evenly over spinach.
- Drizzle remaining vinegar mixture evenly over salad.

Nutrition Facts



■ PROTEIN **43.03%** ■ FAT **25.96%** ■ CARBS **31.01%**

Properties

Glycemic Index:100.5, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:33.834347641986%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 218.69kcal (10.93%), Fat: 6.3g (9.69%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 12.94g (4.71%), Sugar: 4.23g (4.7%), Cholesterol: 32.32mg (10.77%), Sodium: 181.03mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.5g (47%), Vitamin K: 173.27µg (165.02%), Vitamin B12: 8.02µg (133.67%), Vitamin A: 5541.51IU (110.83%), Vitamin C: 40.38mg (48.94%), Selenium: 33.49µg (47.84%), Vitamin B3: 8.95mg (44.77%), Vitamin B6: 0.69mg (34.3%), Vitamin D: 4.85µg (32.32%), Phosphorus: 306.45mg (30.65%), Manganese: 0.58mg (28.94%), Magnesium: 101.05mg (25.26%), Potassium: 878.13mg (25.09%), Folate: 98.87µg (24.72%), Vitamin B1: 0.35mg (23.23%), Vitamin B2: 0.37mg (21.55%), Iron: 3.16mg (17.55%), Fiber: 4g (15.99%), Vitamin E: 2.35mg (15.65%), Copper: 0.27mg (13.51%), Vitamin B5: 1.3mg (12.95%), Calcium: 75.5mg (7.55%), Zinc: 1.11mg (7.38%)