



Salad Niçoise



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound green beans trimmed cut into 2-inch pieces
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 0.3 cup olive oil vinaigrette reduced-calorie (such as Ken's Steak House)
- ☐ 0.5 teaspoon pepper
- ☐ 1.3 pounds round potatoes red cut into 1-inch pieces
- ☐ 0.5 teaspoon salt
- ☐ 9 ounce solid tuna in water white undrained canned

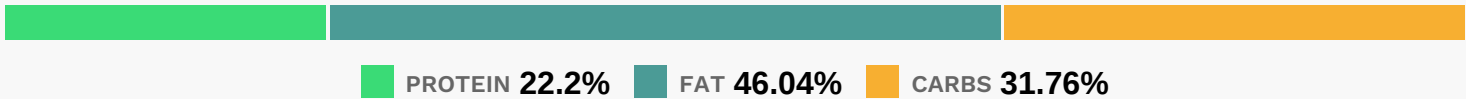
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place potato in a medium saucepan; cover with water. Bring to a boil; reduce heat, and simmer 10 minutes.
- ☐ Add beans, adding more water to cover, if necessary. Simmer 5 minutes or until vegetables are tender.
- ☐ Drain and rinse under cold water; let cool slightly. Set aside.
- ☐ Drain tuna, reserving liquid. Flake tuna into bite-size pieces.
- ☐ Combine reserved liquid, olives, vinaigrette, salt, and pepper in a bowl.
- ☐ Add tuna, potato, and beans; toss gently. Chill.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.14, Inflammation Score:-6, Nutrition Score:17.548260896102%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 334.73kcal (16.74%), Fat: 17.45g (26.84%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 22.71g (8.26%), Sugar: 3.74g (4.15%), Cholesterol: 26.79mg (8.93%), Sodium: 735.9mg (32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.85%), Selenium: 43.07µg (61.53%), Vitamin K: 38.78µg (36.93%), Vitamin B3: 5.77mg (28.87%), Potassium: 924mg (26.4%), Phosphorus: 247.27mg (24.73%), Vitamin B6: 0.46mg (23.18%), Vitamin C: 19.11mg (23.16%), Vitamin E: 3.16mg (21.09%), Manganese: 0.37mg (18.35%), Fiber: 4.38g (17.5%), Magnesium: 68.08mg (17.02%), Copper: 0.27mg (13.55%), Iron: 2.39mg (13.31%), Vitamin B12: 0.75µg (12.44%), Folate: 45.88µg (11.47%), Vitamin B1: 0.17mg (11.27%), Vitamin A: 459.48IU (9.19%), Vitamin D: 1.28µg (8.5%), Vitamin B2: 0.13mg (7.78%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.61mg (6.08%), Calcium: 51.36mg (5.14%)