



Salad Niçoise



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 ounce albacore tuna – sashimi grade flaked
- ☐ 1.5 pounds green beans fresh
- ☐ 5 hardboiled eggs quartered
- ☐ 1 cup olives ripe sliced
- ☐ 5 grape tomatoes cut into wedges or 1 (8-ounce) container grape tomatoes
- ☐ 2 pounds potatoes – remove skin red unpeeled
- ☐ 2 heads the of 1 cos lettuce
- ☐ 8 servings the dressing

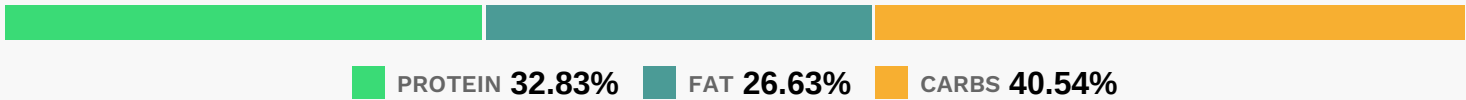
Equipment

☐ bowl

Directions

- ☐ Cook potatoes in boiling water to cover 15 minutes or until tender; drain. Cool slightly; cut into slices. Set aside.
- ☐ Cook green beans in boiling water to cover 3 minutes; drain. Plunge into ice water to stop the cooking process.
- ☐ Toss together potato slices, green beans, and 1/2 cup Herb Dressing in a large bowl. Chill at least 30 minutes.
- ☐ Tear 1 head romaine lettuce into bite-size pieces. Line a platter with leaves of remaining head of romaine lettuce. Arrange potato mixture over lettuce. Top with torn lettuce pieces.
- ☐ Mound tuna in center of greens. Arrange anchovies around tuna, if desired.
- ☐ Place eggs and tomato wedges on salad.
- ☐ Sprinkle with sliced olives.
- ☐ Serve with remaining Herb Dressing.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:33.452608647554%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 292.85kcal (14.64%), Fat: 8.97g (13.81%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 22.55g (8.2%), Sugar: 7.03g (7.81%), Cholesterol: 143.76mg (47.92%), Sodium: 589.54mg (25.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.8%), Vitamin A: 14556.64IU (291.13%),

Vitamin K: 203.7µg (194%), Selenium: 53.44µg (76.34%), Folate: 278.48µg (69.62%), Potassium: 1305.14mg (37.29%), Phosphorus: 344.25mg (34.43%), Vitamin C: 27.85mg (33.76%), Fiber: 8.19g (32.78%), Vitamin B3: 6.24mg (31.2%), Manganese: 0.62mg (30.98%), Vitamin B6: 0.62mg (30.93%), Vitamin B2: 0.42mg (24.74%), Iron: 4.33mg (24.04%), Magnesium: 95.35mg (23.84%), Vitamin B1: 0.31mg (20.52%), Vitamin B12: 1.09µg (18.23%), Copper: 0.34mg (17.07%), Vitamin E: 2.16mg (14.39%), Vitamin D: 1.96µg (13.09%), Calcium: 128.94mg (12.89%), Vitamin B5: 1.26mg (12.61%), Zinc: 1.6mg (10.66%)