



HEALTH SCORE

100%

Salad Niçoise



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



685 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arugula fresh
- ☐ 6 cherry tomatoes halved
- ☐ 0.7 cup bulgur cooked
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 serving parsley fresh (garnish)
- ☐ 0.5 cup haricot verts steamed
- ☐ 3 kalamata olives chopped
- ☐ 1 teaspoon juice of lemon fresh

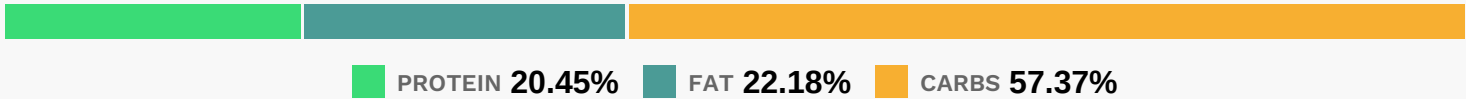
- ☐ 2.5 ounces sustainable oil-packed albacore tuna drained
- ☐ 2 teaspoons olive oil
- ☐ 1 dash pepper
- ☐ 1 tablespoon onion red chopped
- ☐ 1 teaspoon red wine vinegar

Equipment

Directions

- ☐ Combine 2 teaspoons olive oil with 1/2 teaspoon Dijon mustard, 1 teaspoon red wine vinegar, 1 teaspoon fresh lemon juice, and a dash of pepper. Toss dressing with 2/3 cup cooked bulgur.
- ☐ Add 1/2 cup steamed haricot verts, 6 cherry tomatoes, halved, 3 chopped kalamata olives, 1 tablespoon chopped red onion, and 2 1/2 ounces sustainable oil-packed albacore tuna, drained. Toss gently to coat.
- ☐ Serve over 1 cup fresh arugula, sprinkle with fresh parsley.

Nutrition Facts



Properties

Glycemic Index:248, Glycemic Load:34.31, Inflammation Score:-10, Nutrition Score:42.477826284326%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg Kaempferol: 7.36mg, Kaempferol: 7.36mg, Kaempferol: 7.36mg, Kaempferol: 7.36mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 684.58kcal (34.23%), Fat: 17.68g (27.2%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 102.91g (34.3%), Net Carbohydrates: 77.34g (28.12%), Sugar: 5.93g (6.58%), Cholesterol: 21.97mg (7.32%), Sodium: 539.18mg

(23.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.39%), Manganese: 4.05mg (202.25%), Vitamin K: 126.33µg (120.31%), Fiber: 25.57g (102.28%), Vitamin B3: 15.62mg (78.08%), Selenium: 47.31µg (67.58%), Magnesium: 261.6mg (65.4%), Phosphorus: 622.45mg (62.25%), Vitamin C: 41mg (49.69%), Vitamin B6: 0.92mg (45.8%), Vitamin A: 1762.08IU (35.24%), Potassium: 1199.75mg (34.28%), Copper: 0.66mg (32.85%), Iron: 5.45mg (30.26%), Vitamin E: 4.24mg (28.29%), Vitamin B1: 0.4mg (26.72%), Vitamin B12: 1.56µg (25.99%), Folate: 96.65µg (24.16%), Zinc: 3.13mg (20.86%), Vitamin B5: 1.92mg (19.19%), Vitamin B2: 0.3mg (17.79%), Calcium: 125.63mg (12.56%)