



WHATSheATE



Simple Tuna Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce albacore tuna in water flaked drained canned
- ☐ 0.8 cup celery finely chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 2 tablespoons bottled roasted bell peppers red chopped
- ☐ 0.5 cup onion sweet minced

Equipment

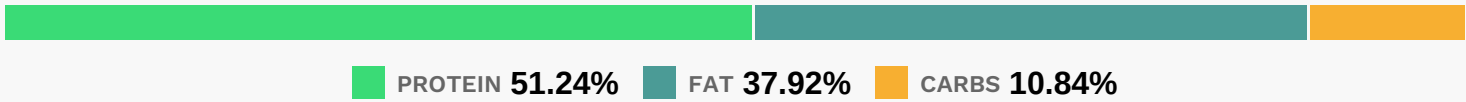
- ☐ bowl

- ☐ sieve
- ☐ colander

Directions

- ☐ Combine ingredients in a medium bowl. Chill until ready to serve.
- ☐ Pour tuna in colander or strainer to drain
- ☐ Measure chopped celery
- ☐ Break up big pieces of tuna with a fork
- ☐ Combine measured ingredients

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:10.848260760307%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 164.5kcal (8.22%), Fat: 6.75g (10.38%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.02g (2.24%), Cholesterol: 38.71mg (12.9%), Sodium: 593.01mg (25.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.04%), Selenium: 56.56µg (80.81%), Vitamin B3: 5.07mg (25.33%), Phosphorus: 199.08mg (19.91%), Vitamin K: 17.76µg (16.91%), Vitamin B12: 1µg (16.58%), Vitamin B6: 0.24mg (11.99%), Vitamin D: 1.7µg (11.34%), Potassium: 295.05mg (8.43%), Magnesium: 33.36mg (8.34%), Vitamin E: 1.19mg (7.95%), Vitamin C: 6.44mg (7.8%), Iron: 1mg (5.57%), Folate: 15.8µg (3.95%), Zinc: 0.49mg (3.25%), Vitamin B2: 0.05mg (3.24%), Copper: 0.06mg (3.24%), Manganese: 0.06mg (3.22%), Vitamin A: 153.98IU (3.08%), Calcium: 27.86mg (2.79%), Fiber: 0.58g (2.33%), Vitamin B5: 0.19mg (1.9%), Vitamin B1: 0.02mg (1.55%)