



Smoked Tuna and Guacamole Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 pound avocado pitted ripe peeled halved
- ☐ 6 cups bite-size pieces of boston lettuce
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 0.5 teaspoon curry powder
- ☐ 1 small garlic clove minced
- ☐ 1 granny smith apple--halved cored thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 3 dashes pepper sauce hot
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 scallions minced
- ☐ 6 ounces tuna smoked thinly sliced (see Note)
- ☐ 2 cups watercress stemmed

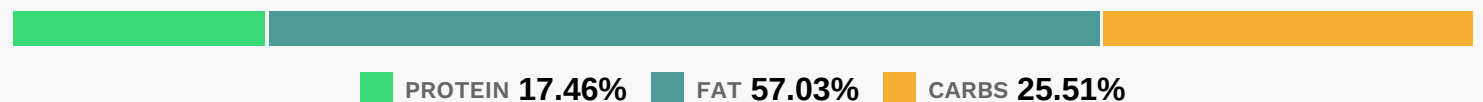
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Make the dressing: In a small bowl, combine the cilantro and garlic. Using a fork, blend in the lemon juice, then the olive oil. Season with salt and pepper.
- ☐ Make the salad: In a small skillet, toast the curry powder over low heat until fragrant, about 30 seconds. Scrape the powder into a medium bowl.
- ☐ Add the avocado and mash it to a puree.
- ☐ Add the scallions, lemon juice and garlic and continue mashing until light and very smooth. Season with hot sauce, salt and pepper.
- ☐ In a large bowl, combine the lettuce with the watercress and apple slices.
- ☐ Add the dressing and toss well. Arrange the salad on 4 plates. Using 2 spoons, shape 16 mounds of guacamole and set 4 in the center of each salad. Arrange the smoked tuna slices around the guacamole and serve.
- ☐ Wine Recommendation: The smoky flavors here suggest a spicy white like Gewrztraminer. Try the 1997 Hugel Jubile from Alsace.
- ☐ Notes: Smoked tuna is available at specialty food shops and many supermarkets. It can also be ordered from Ducktrap River Fish Farm (800-828-3825).One Serving Calories 231 kcal, Total Fat 14 gm, Saturated Fat 2 gm

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:23.756086722664%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg

Nutrients (% of daily need)

Calories: 246.22kcal (12.31%), Fat: 16.73g (25.74%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 8.85g (3.22%), Sugar: 6.39g (7.1%), Cholesterol: 15.31mg (5.1%), Sodium: 325.37mg (14.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.06%), Vitamin K: 153.91µg (146.58%), Vitamin A: 3283.71IU (65.67%), Selenium: 29.97µg (42.82%), Folate: 134.21µg (33.55%), Fiber: 7.99g (31.95%), Vitamin C: 25.62mg (31.05%), Vitamin B3: 6.1mg (30.49%), Vitamin B6: 0.48mg (23.88%), Potassium: 804.48mg (22.99%), Vitamin E: 2.9mg (19.33%), Vitamin B12: 1.09µg (18.21%), Manganese: 0.36mg (17.82%), Phosphorus: 147.51mg (14.75%), Vitamin B5: 1.46mg (14.59%), Vitamin B2: 0.23mg (13.69%), Iron: 2.41mg (13.38%), Magnesium: 52.63mg (13.16%), Copper: 0.23mg (11.54%), Vitamin B1: 0.14mg (9.55%), Calcium: 74.98mg (7.5%), Zinc: 1.06mg (7.07%), Vitamin D: 0.51µg (3.4%)