



HEALTH SCORE

79%

Spanish-Style Tuna and Potato Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 5 ounce albacore tuna in water drained canned
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound haricots verts trimmed cut into 2-inch pieces
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pound potatoes red quartered
- ☐ 5 cups torn romaine lettuce
- ☐ 0.8 teaspoon salt

- ☐ 0.3 cup shallots thinly sliced
- ☐ 3 tablespoons sherry vinegar
- ☐ 0.5 teaspoon paprika smoked

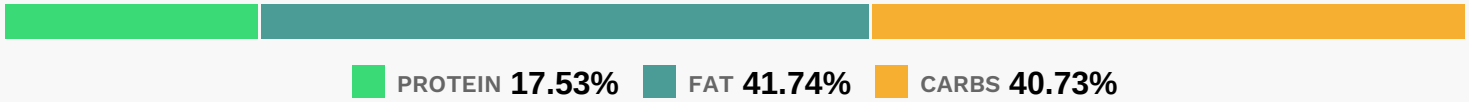
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place potatoes in a large saucepan; cover with water to 2 inches above potatoes. Bring to a boil; cook potatoes 6 minutes or until almost tender.
- ☐ Add beans; cook 4 minutes or until beans are crisp-tender and potatoes are tender.
- ☐ Drain; rinse with cold water.
- ☐ Drain.
- ☐ Place potato mixture in a large bowl.
- ☐ Add tomatoes and next 5 ingredients (through tuna); toss.
- ☐ Drizzle potato mixture with oil and vinegar; toss to coat. Arrange 1 cup lettuce on each of 5 plates; divided potato mixture evenly among plates.
- ☐ Wine note: A Spanish ros, or Rosado, works well with the Spanish-Style Tuna and Potato Salad. Bodegas Borsao Rosado 2008 (\$
- ☐ is crisp and dry, with herbal notes to match the tart dressing. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:24.149564898532%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg 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: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 253.21kcal (12.66%), Fat: 12.23g (18.82%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 20.99g (7.63%), Sugar: 7.13g (7.93%), Cholesterol: 11.91mg (3.97%), Sodium: 490.31mg (21.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.11%), Vitamin A: 5163.71IU (103.27%), Vitamin K: 99.03µg (94.31%), Vitamin C: 35.41mg (42.92%), Folate: 122.73µg (30.68%), Selenium: 20.27µg (28.96%), Potassium: 967.17mg (27.63%), Manganese: 0.51mg (25.47%), Vitamin B6: 0.47mg (23.65%), Fiber: 5.87g (23.49%), Vitamin B3: 3.87mg (19.34%), Phosphorus: 190.86mg (19.09%), Vitamin E: 2.66mg (17.77%), Iron: 3.03mg (16.83%), Magnesium: 67.3mg (16.82%), Vitamin B1: 0.21mg (14.23%), Copper: 0.28mg (13.79%), Vitamin B2: 0.19mg (10.9%), Calcium: 74.52mg (7.45%), Vitamin B5: 0.68mg (6.75%), Zinc: 0.91mg (6.05%), Vitamin B12: 0.33µg (5.53%), Vitamin D: 0.57µg (3.78%)