



Spanish-Style Tuna Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 cups the salad
- 3 tablespoons vegetable oil
- 4 teaspoons red wine vinegar
- 0.1 teaspoon salt
- 1 serving pepper freshly ground
- 0.5 small onion red thinly sliced
- 12 olive green pitted
- 3 roma tomatoes sliced (plum)

6 ounces water-packed tuna flaked drained canned

Equipment

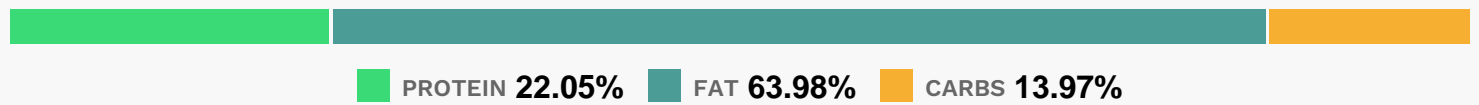
bowl

Directions

Toss salad greens, oil, vinegar, salt and pepper in large bowl.

Add remaining ingredients; toss.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:12.066956592643%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 173.52kcal (8.68%), Fat: 12.6g (19.38%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5g (1.82%), Sugar: 1.87g (2.08%), Cholesterol: 15.31mg (5.1%), Sodium: 377.08mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Selenium: 29.33µg (41.9%), Vitamin C: 25.97mg (31.48%), Vitamin A: 1367.96IU (27.36%), Vitamin B3: 4.98mg (24.9%), Vitamin K: 22.78µg (21.7%), Vitamin B12: 1.09µg (18.21%), Vitamin B6: 0.26mg (12.88%), Vitamin E: 1.69mg (11.24%), Phosphorus: 105.53mg (10.55%), Folate: 41.25µg (10.31%), Manganese: 0.2mg (10.11%), Potassium: 350.06mg (10%), Iron: 1.46mg (8.08%), Magnesium: 26.64mg (6.66%), Copper: 0.11mg (5.42%), Vitamin B2: 0.09mg (5.19%), Fiber: 1.19g (4.78%), Vitamin B1: 0.06mg (4.19%), Zinc: 0.56mg (3.72%), Vitamin D: 0.51µg (3.4%), Calcium: 32.56mg (3.26%), Vitamin B5: 0.22mg (2.2%)