



HEALTH SCORE

91%

Spicy tuna & cottage cheese jacket



Gluten Free



Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 225 g tuna drained canned
- ☐ 0.5 chilli red chopped
- ☐ 1 spring onion sliced
- ☐ 1 handful cherry tomatoes halved
- ☐ 0.5 small bunch coriander chopped
- ☐ 1 medium jacket potato
- ☐ 150 g curd cottage cheese low-fat

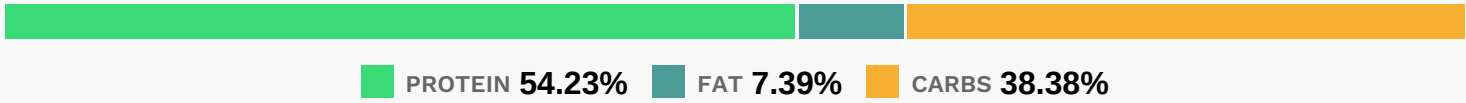
Equipment

☐ oven

Directions

- ☐ Preheat the oven to 180C/Gas 4/fan oven 160C. Prick the potato several times with a fork and put it straight onto a shelf in the hottest part of the oven.
- ☐ Bake for approximately 1 hour, or until it is soft inside.
- ☐ Mix tuna with chilli, spring onion, cherry tomatoes and coriander. Split jacket potato and fill with the tuna mix and cottage cheese.

Nutrition Facts



Properties

Glycemic Index:192.75, Glycemic Load:28.17, Inflammation Score:-9, Nutrition Score:41.881739284681%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 501.68kcal (25.08%), Fat: 4.06g (6.25%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 41.5g (15.09%), Sugar: 9.1g (10.11%), Cholesterol: 87mg (29%), Sodium: 1128.51mg (49.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.07g (134.14%), Selenium: 167.28µg (238.97%), Vitamin B3: 25.54mg (127.7%), Vitamin C: 94.62mg (114.69%), Vitamin B12: 6.73µg (112.13%), Vitamin B6: 1.64mg (81.82%), Phosphorus: 667.55mg (66.76%), Potassium: 1710.55mg (48.87%), Vitamin K: 47.12µg (44.88%), Iron: 6.62mg (36.75%), Vitamin B2: 0.55mg (32.47%), Magnesium: 123.56mg (30.89%), Manganese: 0.53mg (26.48%), Copper: 0.48mg (24.19%), Fiber: 5.97g (23.88%), Vitamin A: 1162.08IU (23.24%), Folate: 86.1µg (21.53%), Vitamin B1: 0.32mg (21.45%), Zinc: 2.9mg (19.35%), Calcium: 180.23mg (18.02%), Vitamin D: 2.7µg (18%), Vitamin B5: 1.46mg (14.59%), Vitamin E: 1.52mg (10.11%)