



Super Tuna

 Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cans albacore tuna in water white
- ☐ 3 servings balsamic vinegar
- ☐ 1 can .5 can cannellini beans
- ☐ 1 carrots shredded
- ☐ 2 cloves garlic minced finely sliced
- ☐ 0.5 cup olives green pitted
- ☐ 3 ounces water
- ☐ 3 servings olive oil

- ☐ 0.5 onion finely chopped
- ☐ 3 servings pecorino romano cheese grated
- ☐ 0.5 cup gherkin pickles sweet sliced chopped
- ☐ 3 servings sea salt and cracked pepper black
- ☐ 3 servings sesame oil

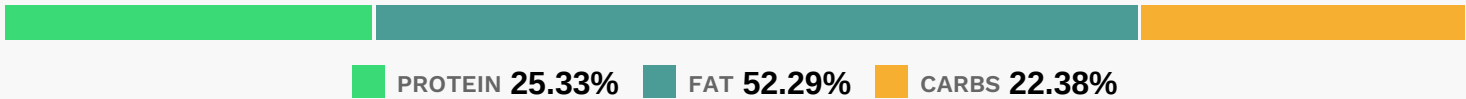
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pepper grinder

Directions

- ☐ Watch how to make this recipe.
- ☐ Drain the tuna, put in a bowl and set aside. Open the beans but don't drain.
- ☐ In a large skillet over medium heat, caramelize the garlic and onions together in some olive oil. When browned, add the can of beans and saute. Cook for 2 minutes, and then add a handful of Pecorino Romano cheese, 2 pinches salt and 5 turns of the pepper mill.
- ☐ Add the tuna to the bean mixture. Give a quick toss in the skillet, and then put the contents into a bowl.
- ☐ Scoop a cup of tuna and beans and put on a plate.
- ☐ Add the hummus as a side.
- ☐ Drizzle sesame oil on top of the hummus, and add grind some pepper on top.
- ☐ For the side salad: Toss the carrots, olives and pickles in a bowl and drizzle with olive oil.
- ☐ Add salt and pepper to taste and balsamic vinegar to your liking.
- ☐ Serve on the side.

Nutrition Facts



Properties

Glycemic Index:78.44, Glycemic Load:10.86, Inflammation Score:-10, Nutrition Score:34.800000004146%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 792.49kcal (39.62%), Fat: 46.26g (71.16%), Saturated Fat: 10.97g (68.58%), Carbohydrates: 44.55g (14.85%), Net Carbohydrates: 33.92g (12.33%), Sugar: 5.22g (5.8%), Cholesterol: 79.36mg (26.45%), Sodium: 1663.48mg (72.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.43g (100.86%), Selenium: 83.36µg (119.09%), Vitamin A: 3685.41IU (73.71%), Phosphorus: 683.13mg (68.31%), Manganese: 1.12mg (55.97%), Calcium: 496.55mg (49.65%), Fiber: 10.63g (42.52%), Magnesium: 155.74mg (38.93%), Iron: 6.9mg (38.36%), Vitamin B3: 7.32mg (36.59%), Vitamin E: 5.44mg (36.25%), Potassium: 1180.65mg (33.73%), Folate: 133.03µg (33.26%), Copper: 0.6mg (30.12%), Vitamin B12: 1.68µg (27.96%), Vitamin B6: 0.53mg (26.54%), Zinc: 3.63mg (24.23%), Vitamin K: 25.21µg (24.01%), Vitamin B1: 0.25mg (16.9%), Vitamin D: 2.44µg (16.29%), Vitamin B2: 0.27mg (15.76%), Vitamin B5: 0.68mg (6.85%), Vitamin C: 3.68mg (4.46%)