



## Tasty Tuna Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup carrots chopped
- 0.3 cup celery chopped
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 0.5 tsp dill weed
- 0.3 cup onion chopped
- 0.3 tsp pepper
- 6 oz tuna in water flaked drained canned

## Equipment

## Directions

- Mix all ingredients.
- Serve immediately or cover and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:15.28, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:4.2556521840717%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 51.36kcal (2.57%), Fat: 0.64g (0.98%), Saturated Fat: 0.34g (2.09%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.59g (1.77%), Cholesterol: 7.94mg (2.65%), Sodium: 225.81mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.9%), Selenium: 15.65µg (22.36%), Vitamin B12: 0.72µg (12.05%), Vitamin A: 574.96IU (11.5%), Vitamin B3: 1.79mg (8.95%), Phosphorus: 87.05mg (8.71%), Vitamin B2: 0.09mg (5.49%), Vitamin B6: 0.1mg (4.83%), Calcium: 33.95mg (3.39%), Potassium: 92.29mg (2.64%), Folate: 8.42µg (2.1%), Iron: 0.38mg (2.09%), Zinc: 0.3mg (2.02%), Magnesium: 7.33mg (1.83%), Vitamin B5: 0.14mg (1.43%), Vitamin D: 0.2µg (1.36%), Vitamin B1: 0.02mg (1.28%), Vitamin K: 1.34µg (1.28%), Copper: 0.03mg (1.27%), Manganese: 0.02mg (1.17%)