



Tasty Tuna Salad & Cucumber Chips

 **Gluten Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



5

CALORIES



13 kcal

SIDE DISH

Ingredients

- 6 slices cucumber thin
- 1 Tbsp miracle whip dressing light
- 0.1 tsp oregano leaves dried
- 0.1 tsp salt
- 0.3 cup tuna in water white flaked drained ()

Equipment

Directions

- Mix first 4 ingredients.
- Serve with cucumber slices for dipping.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.4304347828678%

Nutrients (% of daily need)

Calories: 13.06kcal (0.65%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.45g (0.5%), Cholesterol: 3.98mg (1.33%), Sodium: 106.02mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Selenium: 6.97µg (9.96%), Vitamin B3: 1.02mg (5.12%), Vitamin B12: 0.26µg (4.4%), Vitamin B6: 0.04mg (1.88%), Phosphorus: 16.06mg (1.61%), Iron: 0.21mg (1.17%)