



Tempting Tuna Salad

READY IN



10 min.

SERVINGS



10

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp miracle whip dressing light
- 0.3 cup grapes red seedless halved
- 0.3 cup planters walnut pieces
- 6 oz tuna in water white flaked drained canned
- 32 wheat snack crackers thin

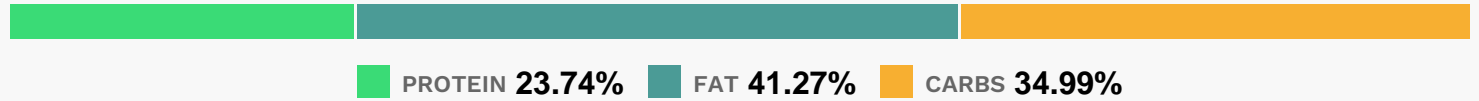
Equipment

- bowl

Directions

- Mix tuna with dressing in medium bowl.
- Stir in walnuts and grapes.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:2.8969565655874%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 68.28kcal (3.41%), Fat: 3.18g (4.9%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.37g (1.95%), Sugar: 1.8g (2%), Cholesterol: 6.41mg (2.14%), Sodium: 109.45mg (4.76%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Selenium: 11.68µg (16.69%), Vitamin B3: 1.73mg (8.64%), Vitamin B12: 0.44µg (7.29%), Manganese: 0.11mg (5.29%), Vitamin B6: 0.07mg (3.67%), Phosphorus: 34.34mg (3.43%), Iron: 0.54mg (2.98%), Copper: 0.06mg (2.97%), Fiber: 0.7g (2.8%), Magnesium: 8.8mg (2.2%), Potassium: 51.61mg (1.47%), Zinc: 0.21mg (1.37%), Vitamin D: 0.2µg (1.36%), Vitamin B2: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.18%), Calcium: 10.34mg (1.03%)