



## Tossed Italian Salad with Tuna

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 14 oz artichoke hearts drained coarsely chopped canned
- 2 cups green beans fresh cooked halved drained
- 2 cups plum tomatoes sliced
- 0.5 cup roasted pepper dressing red italian kraft
- 10 oz salad greens
- 1 cup milk mozzarella cheese shredded 2% kraft
- 12 oz tuna in water white flaked drained canned

## Equipment

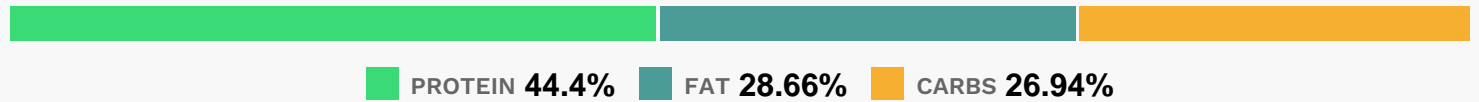
bowl

## Directions

Toss all ingredients except dressing in large bowl.

Add dressing just before serving; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:25.34782602476%

## Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

## Nutrients (% of daily need)

Calories: 236.28kcal (11.81%), Fat: 7.52g (11.56%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 11.26g (4.09%), Sugar: 5.96g (6.62%), Cholesterol: 52.74mg (17.58%), Sodium: 995.4mg (43.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.41%), Selenium: 63.09µg (90.13%), Vitamin C: 47.5mg (57.57%), Vitamin B3: 10.06mg (50.29%), Vitamin A: 2498.77IU (49.98%), Vitamin B12: 2.82µg (47.07%), Vitamin K: 33.81µg (32.2%), Phosphorus: 296.07mg (29.61%), Vitamin B6: 0.54mg (27.13%), Calcium: 205.28mg (20.53%), Manganese: 0.41mg (20.52%), Potassium: 714.83mg (20.42%), Fiber: 4.64g (18.57%), Folate: 70.28µg (17.57%), Iron: 3.02mg (16.76%), Vitamin B2: 0.27mg (15.84%), Magnesium: 61.64mg (15.41%), Zinc: 1.89mg (12.62%), Copper: 0.21mg (10.49%), Vitamin B1: 0.15mg (9.89%), Vitamin E: 1.2mg (7.99%), Vitamin D: 1.13µg (7.55%), Vitamin B5: 0.49mg (4.86%)