



Tuna and Chickpea Salad with Pesto

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



6

CALORIES



429 kcal

SIDE DISH

Ingredients

- 24 olives black pitted roughly chopped
- 0.3 teaspoon pepper black
- 18 ounce tuna drained canned
- 2 stalks celery sliced
- 6 cups cans chickpeas roughly chopped canned
- 0.5 kosher salt
- 5 tablespoons pesto store-bought
- 12 ounce roasted peppers red drained thinly sliced

Equipment

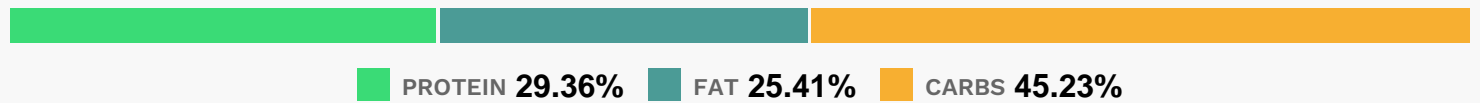
bowl

Directions

In a large bowl, combine the chickpeas, red peppers, olives, celery, tuna, pesto, salt, and black pepper. Divide among individual plates.

Garnish with the basil (if using).

Nutrition Facts



Properties

Glycemic Index:14.96, Glycemic Load:8.44, Inflammation Score:-9, Nutrition Score:32.203478066818%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 429.36kcal (21.47%), Fat: 12.32g (18.95%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 49.31g (16.44%), Net Carbohydrates: 35.21g (12.8%), Sugar: 8.54g (9.49%), Cholesterol: 31.62mg (10.54%), Sodium: 1351.1mg (58.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.02%), Selenium: 64.1µg (91.57%), Manganese: 1.82mg (91.02%), Folate: 299.85µg (74.96%), Fiber: 14.11g (56.43%), Vitamin B3: 9.69mg (48.46%), Phosphorus: 407.35mg (40.73%), Iron: 6.8mg (37.77%), Vitamin B12: 2.19µg (36.43%), Copper: 0.72mg (35.84%), Vitamin C: 28.91mg (35.04%), Vitamin B6: 0.62mg (30.81%), Magnesium: 107.89mg (26.97%), Potassium: 752.2mg (21.49%), Zinc: 3.2mg (21.32%), Vitamin B1: 0.24mg (15.75%), Calcium: 153.06mg (15.31%), Vitamin A: 762.8IU (15.26%), Vitamin B2: 0.2mg (11.7%), Vitamin K: 11µg (10.47%), Vitamin E: 1.5mg (10.01%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.65mg (6.54%)