



Tuna and Green Bean Salad

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 9 ounces tuna canned packed in oil, drained
- 8 ounces cherry tomatoes halved
- 0.5 cup basil leaves fresh chopped
- 2 garlic cloves finely chopped
- 1.5 pounds slender green beans trimmed halved
- 0.3 cup juice of lemon freshly squeezed
- 0.3 cup olive oil extra-virgin

- 1 teaspoon oregano dried
- 0.3 cup parsley leaves fresh italian chopped
- 2 large potatoes diced red
- 3 teaspoons salt plus more to taste

Equipment

- bowl
- whisk
- pot
- sieve

Directions

- Cook the green beans in a large pot of boiling water until crisp-tender, stirring occasionally, about 4 minutes. Using a mesh strainer, transfer the green beans to a large bowl of ice water to cool completely.
- Drain the green beans and pat dry with a towel.
- Add 2 teaspoons of salt to the same cooking liquid and bring the liquid to a simmer.
- Add the potatoes to the simmering liquid and cook until they are just tender but still hold their shape, about 8 to 10 minutes.
- Transfer the potatoes to the ice water to cool completely.
- Drain the potatoes and pat dry with a towel.
- In a small bowl, whisk the lemon juice, garlic, oil, oregano, 1 teaspoon salt and 3/4 teaspoon pepper.
- Place the tomatoes, basil and parsley in a large serving bowl.
- Add the tuna and toss gently to combine.
- Add the green beans and potatoes and gently combine.
- Pour the dressing over the salad and toss to coat.

Nutrition Facts



■ PROTEIN 17.96% ■ FAT 39.84% ■ CARBS 42.2%

Properties

Glycemic Index:35.83, Glycemic Load:2.39, Inflammation Score:-9, Nutrition Score:23.688260762588%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 279.75kcal (13.99%), Fat: 12.96g (19.93%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 25.08g (9.12%), Sugar: 6.62g (7.35%), Cholesterol: 15.31mg (5.1%), Sodium: 1291.13mg (56.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.29%), Vitamin K: 112.49µg (107.14%), Vitamin C: 42.28mg (51.25%), Selenium: 30.51µg (43.59%), Vitamin B3: 6.75mg (33.77%), Potassium: 1001.77mg (28.62%), Vitamin B6: 0.56mg (28.16%), Manganese: 0.56mg (28.15%), Vitamin A: 1324.18IU (26.48%), Fiber: 5.8g (23.19%), Iron: 3.5mg (19.46%), Phosphorus: 193.04mg (19.3%), Folate: 74.91µg (18.73%), Magnesium: 73.54mg (18.39%), Vitamin B12: 1.09µg (18.21%), Vitamin E: 2.68mg (17.84%), Copper: 0.31mg (15.74%), Vitamin B1: 0.23mg (15.19%), Vitamin B2: 0.21mg (12.27%), Calcium: 82.95mg (8.3%), Vitamin B5: 0.75mg (7.54%), Zinc: 1.09mg (7.25%), Vitamin D: 0.51µg (3.4%)