



Tuna and Vegetable Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup olives black pitted coarsely chopped
- ☐ 15 ounce chick peas drained canned
- ☐ 8 ribs celery from the heart with leafy tops, chopped
- ☐ 1 handful flat-leaf parsley leaves coarsely chopped
- ☐ 2 lemons
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion chopped
- ☐ 6 plum tomatoes chopped

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 12 ounce tuna italian drained canned

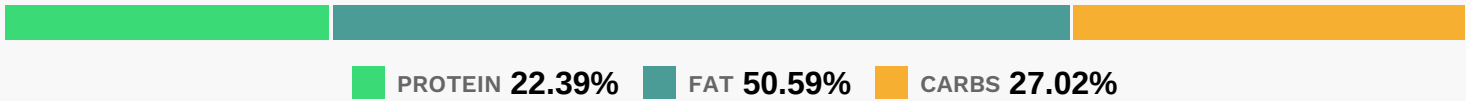
Equipment

- ☐ bowl

Directions

- ☐ In a bowl combine celery, tomatoes, chick peas, onions, parsley and olives. Flake tuna and add to the salad. Dress salad with juice of 2 lemons and about 1/3 cup olive oil. Season the salad with salt and pepper and toss.

Nutrition Facts



Properties

Glycemic Index:37.81, Glycemic Load:4.46, Inflammation Score:-8, Nutrition Score:19.542608737946%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 272.68kcal (13.63%), Fat: 15.99g (24.59%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 19.21g (6.4%), Net Carbohydrates: 12.75g (4.64%), Sugar: 4.09g (4.54%), Cholesterol: 20.41mg (6.8%), Sodium: 544.55mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Selenium: 40.42µg (57.74%), Vitamin C: 31.54mg (38.23%), Manganese: 0.76mg (38.22%), Vitamin K: 39.19µg (37.32%), Vitamin B6: 0.66mg (33.05%), Vitamin B3: 6.35mg (31.75%), Fiber: 6.45g (25.82%), Vitamin B12: 1.46µg (24.29%), Vitamin E: 2.89mg (19.24%), Vitamin A: 908.08IU (18.16%), Phosphorus: 174.13mg (17.41%), Potassium: 573.77mg (16.39%), Folate: 57.3µg (14.32%), Iron: 2.52mg (14%), Magnesium: 51.32mg (12.83%), Copper: 0.23mg (11.36%), Calcium: 83.45mg (8.35%), Zinc: 1.1mg (7.36%), Vitamin B2: 0.11mg (6.65%), Vitamin B1: 0.1mg (6.65%), Vitamin B5: 0.58mg (5.8%), Vitamin D: 0.68µg (4.54%)