



HEALTH SCORE

76%

Tuna and White Bean Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 12 oz tuna packed in oil (preferably olive oil), drained canned
- ☐ 15 oz cannellini beans white drained and rinsed canned
- ☐ 1 lb cucumber seedless quartered (usually plastic-wrapped)
- ☐ 1.5 cups parsley fresh loosely packed
- ☐ 1 garlic clove
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 0.8 teaspoon salt
- ☐ 1 lb tomatoes cut into 1-inch pieces (3 medium)

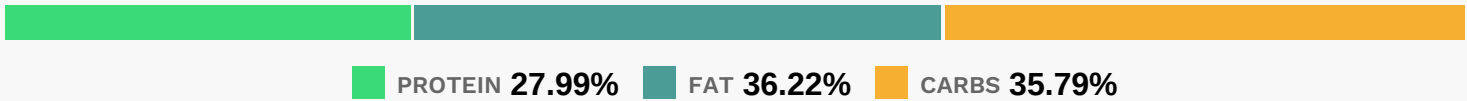
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Mince garlic and mash to a paste with a pinch of salt using a large heavy knife.
- ☐ Whisk together garlic paste, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well.
- ☐ Let stand at room temperature 10 minutes.
- ☐ Gently toss beans, cucumber, tomatoes, and parsley with half of dressing.
- ☐ Transfer to a platter or bowl and arrange tuna on top, breaking up any large pieces with a fork.
- ☐ Drizzle remaining dressing over tuna.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:4.59, Inflammation Score:-9, Nutrition Score:24.045217348182%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 244.55kcal (12.23%), Fat: 10.12g (15.57%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 17.24g (6.27%), Sugar: 3.78g (4.2%), Cholesterol: 20.41mg (6.8%), Sodium: 432.46mg (18.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.19%), Vitamin K: 272.24µg (259.27%), Selenium: 39.91µg (57.01%), Vitamin C: 35.48mg (43.01%), Vitamin A: 2006.44IU (40.13%), Vitamin B3: 6.44mg (32.18%), Manganese: 0.58mg (28.85%), Iron: 4.5mg (24.97%), Vitamin B12: 1.46µg (24.29%), Potassium: 807.05mg (23.06%), Folate: 89.31µg (22.33%), Fiber: 5.26g (21.03%), Magnesium: 75.7mg (18.92%), Phosphorus: 188.79mg (18.88%), Vitamin B6: 0.35mg (17.45%), Vitamin E: 2.6mg (17.33%), Copper: 0.29mg (14.74%), Zinc: 1.62mg (10.8%), Calcium: 104.66mg (10.47%), Vitamin B1: 0.15mg (9.95%), Vitamin B2: 0.13mg (7.57%), Vitamin B5: 0.55mg (5.53%), Vitamin D: 0.68µg (4.54%)