



Tuna and White Bean Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 20 asparagus
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter melted
- ☐ 4 cups boston lettuce (1 head)
- ☐ 15 ounce beans white organic rinsed drained canned
- ☐ 1 tablespoon capers drained
- ☐ 1 cup cherry tomatoes quartered
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce solid albacore tuna in water white packed in olive oil, drained and broken into chunks canned
- ☐ 2 tablespoons citrus champagne vinegar

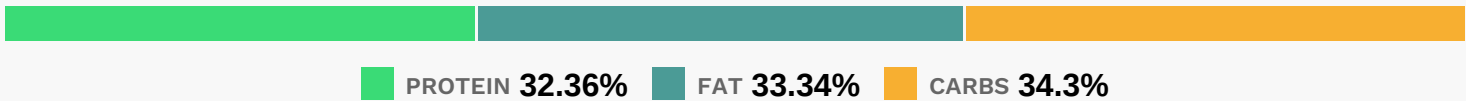
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Snap off tough ends of asparagus spears. Steam asparagus, covered, for 3 minutes.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine capers and the next 7 ingredients (through pepper) in a small bowl, stirring well with a whisk.
- ☐ Place 1/4 cup juice mixture, cherry tomatoes, and beans in a small bowl; toss gently to combine.
- ☐ Place 1 cup lettuce on each of 4 plates, and top each serving with 5 asparagus spears. Spoon about 1/2 cup white bean mixture over each serving, and divide tuna evenly among servings.
- ☐ Drizzle each salad with about 1 tablespoon remaining juice mixture.
- ☐ Sustainable Choice: Buy solid white (albacore) tuna. Look on the label for sustainable pole-caught fish.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:5.89, Inflammation Score:-9, Nutrition Score:29.04826066805%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg

Nutrients (% of daily need)

Calories: 332.3kcal (16.62%), Fat: 12.55g (19.3%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 21.29g (7.74%), Sugar: 3.42g (3.8%), Cholesterol: 37.29mg (12.43%), Sodium: 505.33mg (21.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.79%), Vitamin K: 111.88µg (106.56%), Selenium: 50.67µg (72.38%), Vitamin A: 2632.73IU (52.65%), Manganese: 0.84mg (41.99%), Folate: 157.07µg (39.27%), Iron: 6.64mg (36.89%), Phosphorus: 322.09mg (32.21%), Fiber: 7.74g (30.98%), Potassium: 1032.02mg (29.49%), Vitamin B3: 5.43mg (27.13%), Magnesium: 100.86mg (25.21%), Vitamin E: 3.77mg (25.14%), Copper: 0.47mg (23.71%), Vitamin C: 19.18mg (23.25%), Vitamin B6: 0.38mg (19.1%), Vitamin B1: 0.27mg (17.82%), Zinc: 2.14mg (14.29%), Vitamin B12: 0.84µg (13.92%), Vitamin B2: 0.23mg (13.46%), Calcium: 132.96mg (13.3%), Vitamin D: 1.42µg (9.45%), Vitamin B5: 0.65mg (6.47%)