



Tuna-and-Wild Rice Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounce albacore tuna in water low-sodium drained canned
- 14 ounce artichoke hearts drained quartered canned
- 12 cherry tomatoes halved
- 2 teaspoons dijon mustard
- 0.3 cup green onions sliced
- 4.5 ounce mushrooms drained sliced
- 1 tablespoon olive oil
- 0.3 teaspoon pepper

- 6.2 ounce fast-cooking recipe and rice long-grain wild (such as Uncle Ben's)
- 8 romaine lettuce leaves
- 2 tablespoons citrus champagne vinegar

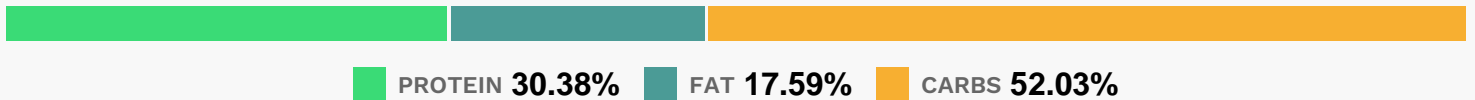
Equipment

- bowl
- whisk

Directions

- Prepare the rice according to package directions, omitting fat.
- Combine the rice, tuna, artichokes, and mushrooms in a large bowl; toss gently.
- Combine green onions, vinegar, oil, mustard, and pepper in a bowl; stir with a whisk until blended.
- Add dressing to tuna mixture, tossing gently.
- Serve salad in lettuce-lined dishes; top with tomatoes.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:29.616521814595%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 361.33kcal (18.07%), Fat: 6.88g (10.58%), Saturated Fat: 1.28g (8%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 41.19g (14.98%), Sugar: 3.58g (3.98%), Cholesterol: 35.72mg (11.91%), Sodium: 732.6mg (31.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.44%), Selenium: 76.57µg (109.39%), Vitamin A: 5229.54IU (104.59%), Vitamin K: 80.6µg (76.76%), Folate: 216.28µg (54.07%), Vitamin B3: 9.67mg (48.34%), Vitamin B1: 0.51mg (33.84%), Manganese: 0.65mg (32.37%), Phosphorus: 301.5mg (30.15%), Iron: 4.87mg (27.06%), Vitamin C: 16.15mg (19.58%), Fiber: 4.57g (18.28%), Vitamin B6: 0.36mg (18.01%), Potassium: 595.72mg (17.02%),

Vitamin B12: 1.01µg (16.8%), Copper: 0.29mg (14.43%), Vitamin B2: 0.24mg (13.84%), Magnesium: 52.9mg (13.22%),
Vitamin D: 1.76µg (11.77%), Vitamin E: 1.66mg (11.08%), Zinc: 1.45mg (9.7%), Vitamin B5: 0.93mg (9.34%), Calcium:
55.23mg (5.52%)