



Tuna, Artichoke and Pepper Salad

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 oz marinated artichoke
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups baby spinach fresh chopped
- ☐ 10 oz solid albacore tuna in water flaked drained canned

- ☐ 12 oz roasted peppers red drained chopped
- ☐ 16 crackers whole wheat reduced-fat

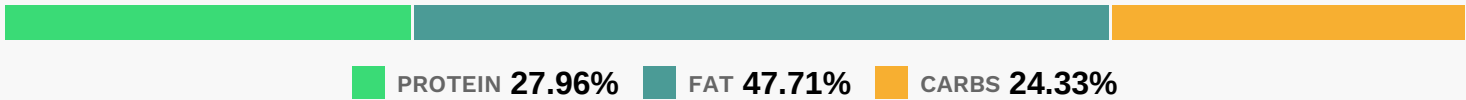
Equipment

- ☐ bowl

Directions

- ☐ Drain artichokes, reserving 2 tablespoons marinade. Coarsely chop artichokes.
- ☐ In large bowl, stir together artichokes, reserved marinade, dill, oil, lemon juice, pepper and garlic.
- ☐ Add spinach, tuna and roasted peppers; toss well.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:23.181304693222%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 290.16kcal (14.51%), Fat: 15.33g (23.58%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 13.13g (4.77%), Sugar: 1.17g (1.3%), Cholesterol: 29.77mg (9.92%), Sodium: 1853.23mg (80.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.21g (40.41%), Vitamin C: 66.04mg (80.05%), Vitamin K: 80.03µg (76.22%), Selenium: 48.41µg (69.16%), Vitamin A: 2941.91IU (58.84%), Manganese: 0.64mg (31.84%), Vitamin B3: 5.3mg (26.52%), Phosphorus: 222.8mg (22.28%), Vitamin B6: 0.38mg (19.16%), Fiber: 4.46g (17.82%), Iron: 3.05mg (16.96%), Magnesium: 60.44mg (15.11%), Vitamin B12: 0.83µg (13.82%), Folate: 52.73µg (13.18%), Potassium: 452.16mg (12.92%), Copper: 0.22mg (11.04%), Vitamin E: 1.59mg (10.6%), Vitamin D: 1.42µg (9.45%),

Calcium: 91.16mg (9.12%), Zinc: 0.94mg (6.25%), Vitamin B2: 0.1mg (5.82%), Vitamin B1: 0.07mg (4.42%), Vitamin B5: 0.26mg (2.59%)