



WHATSheATE



Tuna, Artichoke, and Roasted Red Pepper Salad



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce albacore tuna in water flaked drained canned
- ☐ 2 cups bagged baby spinach fresh chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 ounce marinated artichoke hearts quartered (such as Reese)

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 12 ounce roasted bell peppers red drained chopped

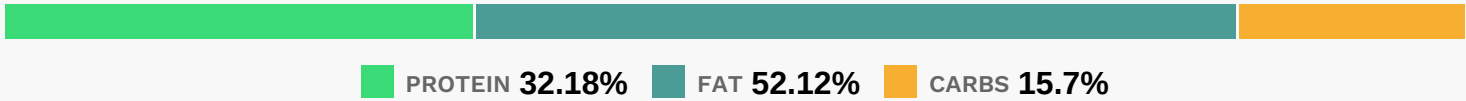
Equipment

- ☐ bowl

Directions

- ☐ Drain artichokes, reserving 2 tablespoons marinade. Coarsely chop artichokes.
- ☐ Combine artichokes, reserved marinade, dill, and next 4 ingredients in a large bowl.
- ☐ Add spinach, tuna, and roasted peppers, tossing well.
- ☐ Serve with: Feta Pita Crisps

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:21.143478440202%

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: 238.92kcal (11.95%), Fat: 13.63g (20.97%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 6.02g (2.19%), Sugar: 1.02g (1.14%), Cholesterol: 29.77mg (9.92%), Sodium: 1768.75mg (76.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.94g (37.87%), Vitamin C: 66.04mg (80.05%), Vitamin K: 76.76µg (73.11%), Selenium: 47.2µg (67.43%), Vitamin A: 2941.91IU (58.84%), Vitamin B3: 4.75mg (23.75%), Manganese: 0.38mg (18.93%), Phosphorus: 183.08mg (18.31%), Vitamin B6: 0.36mg (18.05%), Iron: 2.65mg (14.74%), Vitamin B12: 0.83µg (13.82%), Fiber: 3.22g (12.88%), Folate: 49.37µg (12.34%), Magnesium: 47.24mg (11.81%), Potassium: 410.76mg (11.74%), Vitamin E: 1.42mg (9.47%), Vitamin D: 1.42µg (9.45%), Calcium: 86.84mg (8.68%), Copper: 0.17mg (8.52%), Vitamin B2: 0.1mg (5.67%), Zinc: 0.62mg (4.15%), Vitamin B1: 0.04mg (2.97%), Vitamin B5:

0.16mg (1.59%)