



WHATSheATE



Tuna, Arugula, and Egg Salad with Pita Chips

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups baby arugula loosely packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 teaspoon dijon mustard
- ☐ 2 large hardboiled eggs halved
- ☐ 0.3 cup kalamata olives chopped
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion red vertically sliced
- ☐ 2 ounces pita chips plain
- ☐ 0.1 teaspoon salt
- ☐ 5 ounce tuna in olive oil light drained canned

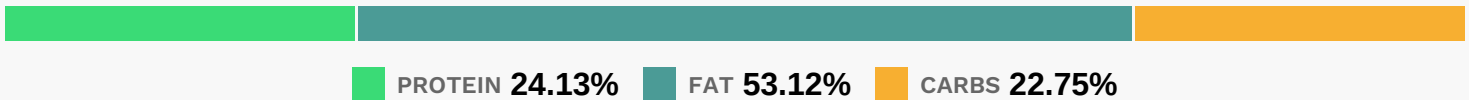
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients, stirring with a whisk.
- ☐ Drizzle dressing over arugula; toss gently to coat. Divide arugula evenly among 4 bowls; top evenly with tomatoes and next 5 ingredients (through tuna).
- ☐ Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:17.400434804999%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 13.23mg, Kaempferol: 13.23mg, Kaempferol: 13.23mg, Kaempferol: 13.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 274.02kcal (13.7%), Fat: 16.36g (25.16%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 13.68g (4.98%), Sugar: 3.7g (4.11%), Cholesterol: 99.63mg (33.21%), Sodium: 586.17mg (25.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.43%), Selenium: 40.24µg (57.49%), Vitamin K: 54.71µg (52.1%), Vitamin B3: 5.77mg (28.86%), Vitamin C: 18.92mg (22.93%), Vitamin A: 1089.9IU (21.8%), Vitamin E: 3.26mg (21.73%), Phosphorus: 205.6mg (20.56%), Vitamin D: 2.92µg (19.5%), Folate: 72.72µg (18.18%), Vitamin B12: 1.06µg (17.62%), Vitamin B2: 0.26mg (15.28%), Manganese: 0.29mg (14.51%), Iron: 2.33mg (12.94%), Potassium: 363.8mg (10.39%), Magnesium: 41.26mg (10.32%), Vitamin B1: 0.15mg (10.17%), Vitamin B6: 0.17mg (8.47%), Calcium: 83.53mg (8.35%), Fiber: 2.08g (8.32%), Vitamin B5: 0.78mg (7.78%), Zinc: 0.97mg (6.46%), Copper: 0.13mg (6.45%)