



Tuna, asparagus & white bean salad

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

READY IN



15 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

Ingredients

- 1 large bunch asparagus
- 400 g water-packed tuna drained canned
- 800 g cannellini beans drained canned
- 1 onion red very finely chopped
- 2 tbsp capers
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 2 tbsp tarragon finely chopped

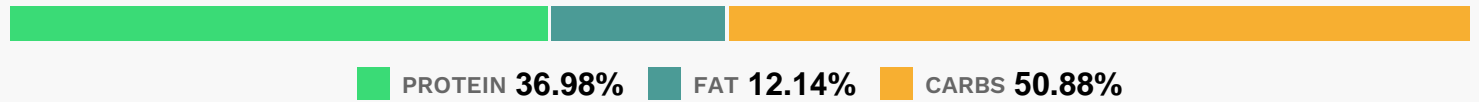
Equipment

- bowl
- frying pan

Directions

- Cook the asparagus in a large pan of boiling water for 4-5 mins until tender.
- Drain well, cool under running water, then cut into finger-length pieces. Toss together the tuna, beans, onion, capers and asparagus in a large serving bowl.
- Mix the oil, vinegar and tarragon together, then pour over the salad. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:12.1, Inflammation Score:-9, Nutrition Score:36.90956513778%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg Kaempferol: 7.39mg, Kaempferol: 7.39mg, Kaempferol: 7.39mg, Kaempferol: 7.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 28.73mg, Quercetin: 28.73mg, Quercetin: 28.73mg, Quercetin: 28.73mg

Nutrients (% of daily need)

Calories: 391.22kcal (19.56%), Fat: 5.39g (8.3%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 50.84g (16.95%), Net Carbohydrates: 38.09g (13.85%), Sugar: 3.88g (4.31%), Cholesterol: 36mg (12%), Sodium: 353.27mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.95g (73.89%), Selenium: 73.88µg (105.55%), Manganese: 1.46mg (72.93%), Iron: 11mg (61.1%), Vitamin B3: 11.52mg (57.6%), Vitamin K: 56.07µg (53.4%), Folate: 205.29µg (51.32%), Fiber: 12.75g (50.98%), Vitamin B12: 2.57µg (42.83%), Potassium: 1427.09mg (40.77%), Phosphorus: 393.71mg (39.37%), Copper: 0.77mg (38.4%), Magnesium: 153.4mg (38.35%), Vitamin B6: 0.66mg (33.21%), Vitamin B1: 0.4mg (26.82%), Vitamin E: 3.73mg (24.86%), Zinc: 3.66mg (24.42%), Calcium: 226.64mg (22.66%), Vitamin B2: 0.36mg (21.19%), Vitamin A: 1014.78IU (20.3%), Vitamin C: 9.74mg (11.8%), Vitamin B5: 0.86mg (8.61%), Vitamin D: 1.2µg (8%)