



Tuna Bread Salad

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

Ingredients

- 0.5 long baguette stale cut into cubes (slightly works great)
- 1 tablespoon balsamic vinegar
- 1 cup cherry tomatoes halved
- 2 teaspoons dijon mustard
- 2 tablespoons basil leaves fresh roughly chopped (or oregano)
- 1 cup cannellini beans white cooked
- 0.3 cup kalamata olives pitted sliced
- 4 servings kosher salt and pepper black freshly ground

- 5 ounce tuna light packed in oil, drained canned
- 3 tablespoons olive oil
- 1 shallots thinly sliced

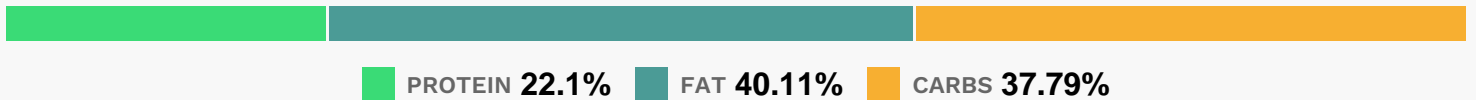
Equipment

- bowl
- whisk

Directions

- Watch how to make this recipe.
- In medium serving bowl, add the tomatoes and season with salt and pepper, to taste.
- Let sit for 10 minutes before adding the beans, tuna, shallots and olives. Just before serving, mix in the bread cubes and combine gently.
- In a small bowl, whisk together the mustard, vinegar and salt and pepper, to taste.
- Drizzle in the oil, whisking to blend.
- Pour over the salad just before serving.
- Add the basil and toss. Taste for seasoning before serving.

Nutrition Facts



Properties

Glycemic Index:71.44, Glycemic Load:10.94, Inflammation Score:-6, Nutrition Score:14.922174028728%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 296.04kcal (14.8%), Fat: 13.28g (20.42%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 23.49g (8.54%), Sugar: 3.57g (3.96%), Cholesterol: 10.63mg (3.54%), Sodium: 376.89mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.91%), Selenium: 36.88µg (52.68%), Vitamin B3: 6.68mg (33.4%), Manganese: 0.48mg (23.77%), Folate: 88.08µg (22.02%), Vitamin B1: 0.29mg (19.15%), Fiber:

4.64g (18.57%), Phosphorus: 179.16mg (17.92%), Vitamin B12: 1.06µg (17.66%), Iron: 3.1mg (17.23%), Vitamin E: 2.15mg (14.35%), Vitamin B6: 0.27mg (13.27%), Vitamin K: 12.82µg (12.21%), Magnesium: 47.9mg (11.98%), Vitamin C: 9.76mg (11.83%), Potassium: 413.99mg (11.83%), Copper: 0.22mg (10.84%), Vitamin B2: 0.17mg (9.72%), Calcium: 82.57mg (8.26%), Zinc: 1.02mg (6.79%), Vitamin A: 290.92IU (5.82%), Vitamin B5: 0.39mg (3.91%)