



HEALTH SCORE

84%

Tuna & butterbean salad



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 small onion red



200 g water-packed tuna drained canned



400 g butter beans drained and rinsed canned



250 g cherry tomatoes halved



3 tbsp olive oil



0.5 juice of lemon



1 tsp dijon mustard



20 g flat parsley roughly chopped

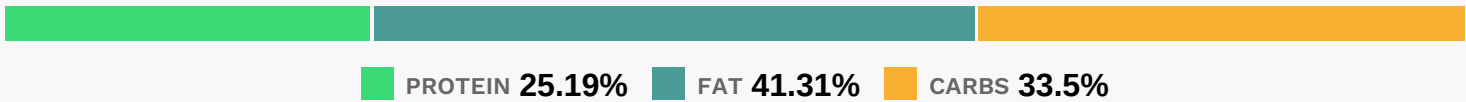
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Halve the onion and slice it as thinly as possible. Tip into a salad bowl and flake in the tuna. Gently stir in the butterbeans and cherry tomatoes.
- ☐ Whisk the olive oil, lemon juice and mustard together, then season.
- ☐ Drizzle the dressing over the salad and scatter the parsley over.
- ☐ Mix gently to combine and serve straight away.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:8.52, Inflammation Score:-9, Nutrition Score:35.462608627651%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg

Nutrients (% of daily need)

Calories: 484.92kcal (24.25%), Fat: 22.65g (34.85%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 29.46g (10.71%), Sugar: 5.75g (6.39%), Cholesterol: 36mg (12%), Sodium: 940.54mg (40.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.08g (62.16%), Vitamin K: 180.6µg (172%), Selenium: 78.57µg (112.24%), Vitamin C: 48.78mg (59.13%), Vitamin B3: 11.32mg (56.61%), Manganese: 0.97mg (48.73%), Fiber: 11.87g (47.48%), Vitamin B12: 2.57µg (42.83%), Iron: 7.04mg (39.1%), Folate: 147.57µg (36.89%), Phosphorus: 345.05mg (34.51%), Vitamin B6: 0.68mg (34.05%), Magnesium: 124.4mg (31.1%), Vitamin A: 1513.98IU (30.28%), Potassium: 1035.89mg (29.6%), Vitamin E: 4.16mg (27.73%), Copper: 0.54mg (27.06%), Zinc: 2.36mg (15.7%), Vitamin B1:

0.23mg (15.03%), Vitamin B2: 0.2mg (12.05%), Calcium: 102.43mg (10.24%), Vitamin B5: 0.95mg (9.52%), Vitamin D: 1.2µg (8%)