



 **69%**  
HEALTH SCORE

## Tuna Cauliflower Salad with Lime Vinaigrette

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

READY IN



**80 min.**

SERVINGS



**6**

CALORIES



**218 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 24 oz cauliflower frozen
- 9 oz peas sweet frozen
- 12 oz water-packed tuna rinsed drained canned
- 1 medium cucumber peeled chopped
- 0.5 cup spring onion chopped (8 medium)
- 0.3 cup juice of lime fresh
- 0.3 cup olive oil light
- 1 teaspoon ground cumin

- 0.3 teaspoon salt
- 0.3 cup olive green sliced
- 2 plum tomatoes sliced (Roma)

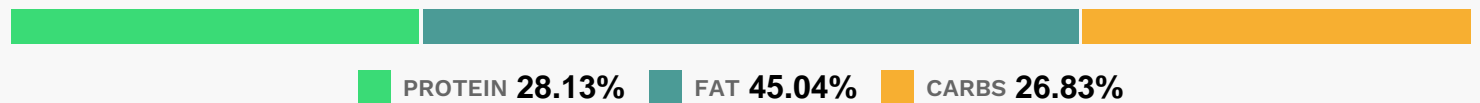
## Equipment

- bowl

## Directions

- Cook frozen cauliflower as directed on bag. Cook frozen peas as directed on box; drain.
- Place cauliflower and peas in large bowl; refrigerate.
- In tightly covered container, shake vinaigrette ingredients until well blended. Stir tuna, cucumber and green onions into cauliflower mixture; add vinaigrette. Toss to coat. Cover; refrigerate about 1 hour or until chilled.
- Just before serving, top with olives and tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:27.72, Glycemic Load:3.13, Inflammation Score:-8, Nutrition Score:22.864347789599%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 218.44kcal (10.92%), Fat: 11.36g (17.48%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 9.51g (3.46%), Sugar: 6g (6.66%), Cholesterol: 20.41mg (6.8%), Sodium: 378.19mg (16.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.93%), Vitamin C: 80.19mg (97.2%), Selenium: 40.07µg (57.24%), Vitamin K: 55.13µg (52.51%), Vitamin B3: 7.31mg (36.57%), Folate: 108.94µg (27.23%), Vitamin B6: 0.51mg (25.41%), Vitamin B12: 1.46µg (24.29%), Fiber: 5.71g (22.86%), Manganese: 0.44mg (21.77%), Potassium: 681.17mg

(19.46%), Phosphorus: 191.95mg (19.2%), Iron: 2.62mg (14.55%), Vitamin B1: 0.22mg (14.38%), Vitamin E: 2.12mg (14.1%), Magnesium: 54.9mg (13.72%), Vitamin A: 675.74IU (13.51%), Vitamin B2: 0.19mg (11.34%), Copper: 0.2mg (10.19%), Vitamin B5: 1mg (10.04%), Zinc: 1.36mg (9.06%), Calcium: 67.11mg (6.71%), Vitamin D: 0.68µg (4.54%)