



Tuna Cauliflower Salad with Lime Vinaigrette

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz peas sweet frozen
- 1 medium cucumber peeled chopped
- 0.5 cup spring onion chopped (8 medium)
- 1 teaspoon ground cumin
- 0.3 cup olive oil light
- 0.3 cup juice of lime fresh
- 24 oz nacho cheese dip frozen
- 0.3 cup olive green sliced

- 2 plum tomatoes sliced (Roma)
- 0.3 teaspoon salt
- 12 oz water-packed tuna rinsed drained canned

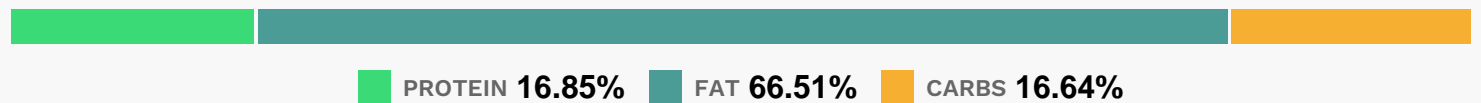
Equipment

- 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:22.39, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:16.112174065217%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 412.35kcal (20.62%), Fat: 31.34g (48.22%), Saturated Fat: 6.11g (38.16%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 14.2g (5.16%), Sugar: 8.37g (9.29%), Cholesterol: 30.62mg (10.21%), Sodium: 1275.17mg (55.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.74%), Selenium: 39.39µg (56.27%), Vitamin K: 37.56µg (35.77%), Vitamin B3: 6.74mg (33.7%), Vitamin C: 25.53mg (30.95%), Vitamin A: 1283.55IU (25.67%), Vitamin B12: 1.46µg (24.29%), Vitamin B6: 0.3mg (14.98%), Phosphorus: 142.06mg (14.21%), Fiber: 3.45g (13.78%),

Vitamin E: 2.02mg (13.5%), Manganese: 0.26mg (12.98%), Calcium: 123.12mg (12.31%), Iron: 2.14mg (11.91%), Folate: 44.3µg (11.07%), Vitamin B1: 0.16mg (10.6%), Potassium: 342.11mg (9.77%), Magnesium: 37.89mg (9.47%), Copper: 0.16mg (7.98%), Vitamin B2: 0.12mg (7.34%), Zinc: 1.05mg (7.02%), Vitamin D: 0.68µg (4.54%), Vitamin B5: 0.25mg (2.47%)