



## Tuna, Chick Peas and Orzo Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 can garbanzo beans rinsed drained
- ☐ 2 cans tuna drained
- ☐ 0.3 cup cucumber diced english
- ☐ 3 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 juice of lemon
- ☐ 1 lemon zest

- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup onions finely chopped
- ☐ 2 cups orzo pasta
- ☐ 6 servings salt and pepper
- ☐ 1 tablespoon scallions chopped
- ☐ 1 tomatoes diced
- ☐ 1 tablespoon vinegar white

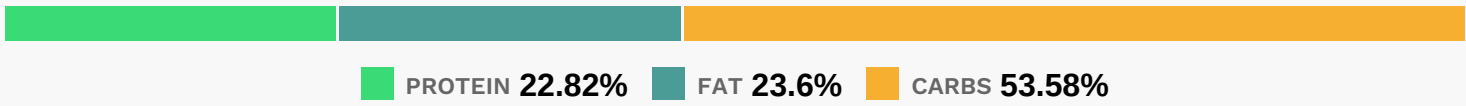
## Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ Bring a large saucepan of lightly salted water to a boil.
- ☐ Add the orzo and cook until tender, but still firm to the bite.
- ☐ Drain the pasta and set aside to cool.
- ☐ Place the garbanzo beans, cucumber, tomato, scallions, garlic, parsley, basil and onions in a large salad bowl, mix well and then add the orzo and tuna.
- ☐ Mix together the lemon juice, zest,white vinegar and olive oil in a small bowl.
- ☐ Pour the mixture over the salad and mix well.Using 2 forks until well mixed. Keep in the refrigerator until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:60.22, Glycemic Load:18.2, Inflammation Score:-6, Nutrition Score:19.793913115626%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg,

Naringenin: 0.28mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 376.73kcal (18.84%), Fat: 9.86g (15.16%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 50.35g (16.78%), Net Carbohydrates: 44.83g (16.3%), Sugar: 2.59g (2.87%), Cholesterol: 20.4mg (6.8%), Sodium: 533.2mg (23.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.89%), Selenium: 71.69µg (102.42%), Manganese: 1.15mg (57.45%), Vitamin B3: 6.74mg (33.72%), Vitamin B6: 0.65mg (32.57%), Phosphorus: 243.88mg (24.39%), Vitamin B12: 1.46µg (24.27%), Vitamin K: 24.13µg (22.98%), Fiber: 5.52g (22.08%), Magnesium: 65.67mg (16.42%), Copper: 0.31mg (15.71%), Iron: 2.76mg (15.36%), Vitamin C: 10.11mg (12.25%), Potassium: 410.24mg (11.72%), Zinc: 1.69mg (11.27%), Folate: 39.37µg (9.84%), Vitamin E: 1.4mg (9.33%), Vitamin B1: 0.1mg (6.92%), Vitamin A: 340.61IU (6.81%), Vitamin B2: 0.1mg (5.91%), Vitamin B5: 0.59mg (5.91%), Calcium: 58.24mg (5.82%), Vitamin D: 0.68µg (4.53%)