



## Tuna, Chickpea and Red Pepper Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 cup olives black pitted halved quartered
- ☐ 30 oz garbanzo beans rinsed drained coarsely chopped canned
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 15 oz tuna light flaked drained canned
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 4.5 oz roasted peppers red drained cut into 1/4-inch dice ( 3/4 cup)

☐ 6 servings salt and pepper

Equipment

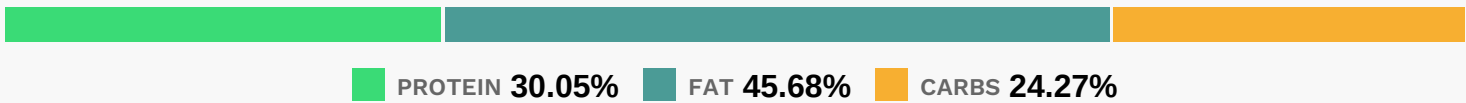
☐ bowl

☐ whisk

Directions

- ☐ In a large bowl, combine vinegar, mustard, 1/4 tsp. salt and 1/8 tsp. pepper.
- ☐ Whisk until salt has dissolved. Slowly whisk in olive oil until incorporated.
- ☐ Add tuna, chopped chickpeas, roasted peppers and olives to bowl and stir until well combined. Taste and season with additional salt and pepper, if desired. Cover and chill until ready to pack.
- ☐ Serve salad over greens or on bread or crackers, if desired.

Nutrition Facts



Properties

Glycemic Index:17.39, Glycemic Load:5.21, Inflammation Score:-6, Nutrition Score:21.691739351853%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 335.11kcal (16.76%), Fat: 17.17g (26.41%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 13.58g (4.94%), Sugar: 0.08g (0.09%), Cholesterol: 21.26mg (7.09%), Sodium: 1100.42mg (47.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.83%), Selenium: 60.27µg (86.1%), Manganese: 1.21mg (60.49%), Vitamin B3: 9.76mg (48.81%), Vitamin B6: 0.96mg (48.08%), Vitamin B12: 2.12µg (35.32%), Vitamin K: 29.26µg (27.87%), Fiber: 6.94g (27.77%), Phosphorus: 235.7mg (23.57%), Iron: 3.24mg (18%), Magnesium: 62.26mg (15.56%), Copper: 0.3mg (14.87%), Vitamin E: 2.17mg (14.46%), Vitamin C: 11.83mg (14.34%), Potassium: 418.6mg (11.96%), Folate: 44.1µg (11.02%), Zinc: 1.59mg (10.59%), Calcium: 74.88mg (7.49%), Vitamin A: 328.64IU (6.57%), Vitamin B5: 0.59mg (5.94%), Vitamin B1: 0.08mg (5.23%), Vitamin B2: 0.08mg (4.87%)