



Tuna, Chickpea, Fennel, and Orange Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces tuna packed in oil, drained canned
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large fennel bulb cut into quarters and then into thin slices
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 jalapeno minced
- ☐ 0.3 cup juice of lemon
- ☐ 2 navel oranges
- ☐ 0.5 cup olive oil

- ☐ 1 onion red chopped
- ☐ 0.5 head romaine lettuce cut into 1-inch pieces 3 cups
- ☐ 1.5 teaspoons salt

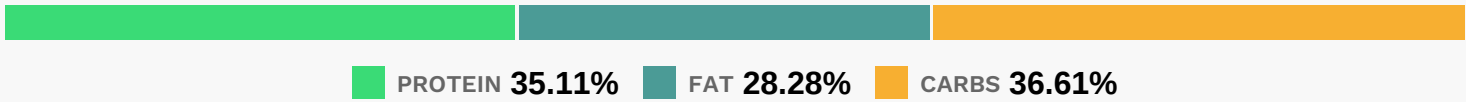
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ In a large glass or stainless-steel bowl, whisk together the lemon juice, mustard, salt, and pepper.
- ☐ Add the oil slowly, whisking.
- ☐ In a medium glass or stainless-steel bowl, combine the tuna and chickpeas. Gently stir in 1/4 cup of the dressing.
- ☐ Using a stainless-steel knife, peel the oranges down to the flesh, removing all of the white pith.
- ☐ Cut the sections away from the membranes and set aside. Squeeze 2 tablespoons of the juice from the membranes into the remaining dressing.
- ☐ Add the tuna and chickpeas, orange sections, lettuce, fennel, onion, jalapeo, and cilantro to the dressing and toss gently.
- ☐ Wine Recommendation: Instead of the more traditional riesling, accompany this tuna with a Pfalz sptlese made from scheurebe. The wine's wild, even exotic scents of grapefruit, orange peel, minerals, and flint will be a pleasant and harmonious surprise.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:30.077391147614%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 17.52mg, Hesperetin: 17.52mg, Hesperetin: 17.52mg, Hesperetin: 17.52mg Naringenin: 5.18mg, Naringenin: 5.18mg, Naringenin: 5.18mg, Naringenin: 5.18mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 206.78kcal (10.34%), Fat: 6.78g (10.44%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 14.04g (5.11%), Sugar: 10.89g (12.1%), Cholesterol: 30.62mg (10.21%), Sodium: 1110.96mg (48.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.9%), Vitamin A: 7156.79IU (143.14%), Vitamin K: 121.55µg (115.76%), Selenium: 58.99µg (84.27%), Vitamin C: 63.61mg (77.11%), Vitamin B3: 9.45mg (47.27%), Folate: 158.77µg (39.69%), Vitamin B12: 2.19µg (36.43%), Vitamin B6: 0.47mg (23.46%), Fiber: 5.72g (22.9%), Potassium: 771.32mg (22.04%), Phosphorus: 197.19mg (19.72%), Manganese: 0.35mg (17.48%), Iron: 2.86mg (15.88%), Magnesium: 53.4mg (13.35%), Vitamin E: 1.76mg (11.77%), Vitamin B2: 0.19mg (11.18%), Calcium: 110.05mg (11%), Vitamin B1: 0.16mg (10.38%), Copper: 0.16mg (8.2%), Vitamin D: 1.02µg (6.8%), Zinc: 0.99mg (6.58%), Vitamin B5: 0.63mg (6.27%)