



 **71%**
HEALTH SCORE

Tuna Chopped Salad

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

READY IN



20 min.

SERVINGS



4

CALORIES



464 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 15.5 ounce garbanzo beans canned
- 12 ounce tuna in oil canned
- 0.5 pound carrots diced peeled (3 carrots)
- 1 pint cherry tomatoes halved
- 2 cups fennel bulb diced trimmed
- 2 tablespoons parsley fresh chopped
- 0.5 pound green beans diced trimmed

- 1.3 tablespoons kosher salt
- 6 tablespoons olive oil
- 1 head radicchio thinly shredded
- 1 small onion red thinly sliced
- 2 tablespoons red wine vinegar

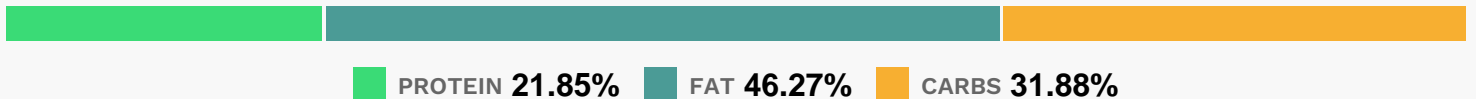
Equipment

- bowl
- whisk

Directions

- Mix the onion and vinegar in a small bowl, cover, and set aside for 30 minutes, stirring halfway through.
- Combine the fennel, green beans, and carrots in a large bowl.
- Drain the chickpeas and add them to the large bowl with the tomatoes and radicchio; gently toss.
- Drain the onion slices, reserving the vinegar.
- Whisk the reserved vinegar with the olive oil.
- Add the salt and pepper.
- Drain the tuna and flake it into large chunks in a medium bowl. Toss the tuna with half the onion slices, 2 tablespoons of the vinaigrette, and the parsley. Toss the remaining vinaigrette and onion with the chopped vegetables. Divide the vegetables among 4 serving bowls and top with the dressed tuna.

Nutrition Facts



Properties

Glycemic Index:67.29, Glycemic Load:8.38, Inflammation Score:-10, Nutrition Score:40.695651800736%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 26.79mg, Luteolin: 26.79mg, Luteolin: 26.79mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 30.24mg, Quercetin: 30.24mg, Quercetin: 30.24mg

Nutrients (% of daily need)

Calories: 464.33kcal (23.22%), Fat: 24.65g (37.92%), Saturated Fat: 3.48g (21.72%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 26.85g (9.76%), Sugar: 10.8g (12%), Cholesterol: 30.62mg (10.21%), Sodium: 2768.64mg (120.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.37%), Vitamin K: 287.13µg (273.45%), Vitamin A: 10754.37IU (215.09%), Selenium: 61.94µg (88.49%), Manganese: 1.5mg (75.09%), Vitamin C: 52.9mg (64.12%), Vitamin B6: 1.14mg (56.96%), Vitamin B3: 10.7mg (53.5%), Fiber: 11.36g (45.42%), Vitamin E: 6.43mg (42.87%), Potassium: 1316.46mg (37.61%), Vitamin B12: 2.19µg (36.43%), Folate: 137.78µg (34.44%), Phosphorus: 338.79mg (33.88%), Copper: 0.65mg (32.46%), Iron: 5.42mg (30.13%), Magnesium: 101.88mg (25.47%), Zinc: 2.36mg (15.71%), Calcium: 153.28mg (15.33%), Vitamin B2: 0.25mg (14.56%), Vitamin B1: 0.22mg (14.49%), Vitamin B5: 1.22mg (12.24%), Vitamin D: 1.02µg (6.8%)