

# Tuna Fish Salad

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



645 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 ounce tuna flaked drained canned
- 0.3 cup celery chopped
- 0.5 cup celery chopped
- 1 cup chow mein noodles
- 0.1 teaspoon curry powder
- 1 tablespoon parsley fresh chopped
- 0.3 teaspoon garlic powder
- 1 dash garlic powder

- 0.3 cup green onions sliced
- 0.1 teaspoon ground pepper black
- 0.5 teaspoon juice of lemon
- 1 teaspoon juice of lemon
- 4 servings lettuce leaves
- 0.3 cup mayonnaise
- 0.5 cup mayonnaise
- 0.3 cup onion chopped
- 4 servings paprika to taste
- 1 cup peas frozen thawed
- 0.1 teaspoon salt
- 2 tablespoons slivered almonds toasted
- 0.5 teaspoon soya sauce

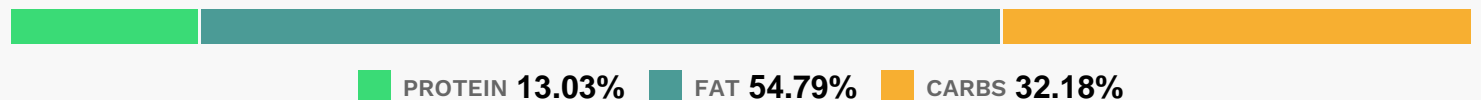
## Equipment

- bowl

## Directions

- In a large bowl, combine the tuna, celery, onion, mayonnaise, lemon juice, parsley, garlic powder, salt and pepper.
- Mix well and refrigerate until chilled.
- Sprinkle with paprika if desired.

## Nutrition Facts



## Properties

Glycemic Index:96.58, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:22.224782684575%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 645.33kcal (32.27%), Fat: 39.34g (60.53%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 44.47g (16.17%), Sugar: 4.94g (5.49%), Cholesterol: 34.91mg (11.64%), Sodium: 900.94mg (39.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.05g (42.09%), Vitamin K: 121.84µg (116.04%), Vitamin A: 3326.83IU (66.54%), Selenium: 31.27µg (44.67%), Fiber: 7.54g (30.14%), Vitamin C: 23.41mg (28.37%), Vitamin B3: 5.61mg (28.04%), Vitamin E: 3.77mg (25.11%), Iron: 4.33mg (24.08%), Manganese: 0.44mg (21.95%), Vitamin B12: 1.15µg (19.15%), Phosphorus: 157.16mg (15.72%), Vitamin B6: 0.31mg (15.61%), Folate: 54.85µg (13.71%), Vitamin B2: 0.22mg (12.86%), Magnesium: 48.07mg (12.02%), Vitamin B1: 0.17mg (11.31%), Potassium: 395.93mg (11.31%), Copper: 0.18mg (8.99%), Zinc: 1.18mg (7.88%), Calcium: 63.93mg (6.39%), Vitamin D: 0.6µg (4.02%), Vitamin B5: 0.33mg (3.3%)