



Tuna-Garbanzo Salad

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups arugula
- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1 ounce bread french
- ☐ 1 garlic clove minced
- ☐ 2 cups cut green beans (1-inch) ()
- ☐ 3 tablespoons mayonnaise light
- ☐ 1 teaspoon paprika smoked spanish
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 fire-roasted piquillo peppers chopped

- ☐ 1 teaspoon salt
- ☐ 0.3 cup shallots finely chopped (2 medium)
- ☐ 2 tablespoons sherry vinegar
- ☐ 7.8 ounce premium tuna packed in oil, drained and flaked
- ☐ 2 quarts water

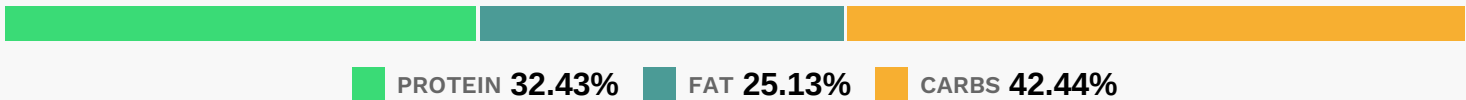
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Bring 2 quarts water and salt to a boil.
- ☐ Add green beans; cook 4 minutes or until beans are crisp-tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine green beans, shallots, peppers, chickpeas, and garlic in a large bowl.
- ☐ Combine mayonnaise, vinegar, and paprika in a small bowl, stirring well.
- ☐ Add mayonnaise mixture to bean mixture; toss gently to combine. Arrange 1 cup arugula on each of 4 plates; top each serving with about 1 cup bean mixture. Divide tuna evenly among plates.
- ☐ Sprinkle cheese evenly over bread slices; place bread on a baking sheet. Broil 2 minutes or until lightly toasted.
- ☐ Serve toasts with salad.

Nutrition Facts



Properties

Glycemic Index:75.21, Glycemic Load:8.69, Inflammation Score:-8, Nutrition Score:23.608260652293%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 255.76kcal (12.79%), Fat: 7.26g (11.17%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 20.3g (7.38%), Sugar: 4.43g (4.93%), Cholesterol: 26.4mg (8.8%), Sodium: 1303.72mg (56.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.17%), Selenium: 44.21µg (63.16%), Manganese: 1.17mg (58.55%), Vitamin K: 51.9µg (49.43%), Vitamin B6: 0.86mg (42.86%), Vitamin B3: 6.53mg (32.67%), Fiber: 7.3g (29.21%), Phosphorus: 262.48mg (26.25%), Vitamin A: 1311.19IU (26.22%), Vitamin B12: 1.51µg (25.1%), Iron: 3.95mg (21.97%), Calcium: 210.72mg (21.07%), Vitamin C: 17.28mg (20.94%), Folate: 81.27µg (20.32%), Magnesium: 79.39mg (19.85%), Copper: 0.35mg (17.66%), Potassium: 525.14mg (15%), Vitamin B2: 0.2mg (11.73%), Zinc: 1.74mg (11.61%), Vitamin B1: 0.17mg (11.36%), Vitamin B5: 0.73mg (7.33%), Vitamin E: 0.91mg (6.04%), Vitamin D: 0.7µg (4.66%)