



 **100%**
HEALTH SCORE

Tuna Nicoise Salad with Parmesan

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

READY IN



25 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce tuna steaks
- 2 tablespoons capers drained
- 1 cup cherry tomatoes whole sliced
- 1 teaspoon dijon mustard
- 0.3 cup parsley leaves fresh chopped
- 1 cup green beans cooked
- 6 cups mesclun greens
- 4 servings salt and ground pepper black

- 2 tablespoons juice of lemon fresh
- 3 tablespoons olive oil
- 0.5 cup niçoise olives pitted halved lengthwise
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan shredded grated
- 1 pound reserved yukon gold potatoes cut into chunks

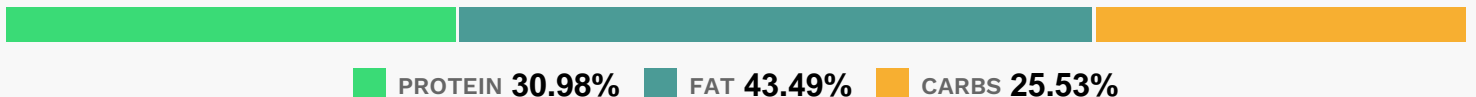
Equipment

- bowl
- whisk

Directions

- Combine the lemon juice, Dijon mustard, dried oregano, salt, and pepper in a bowl and whisk to combine. Slowly whisk in olive oil until emulsified.
- Add the mesclun greens to bowl with dressing and toss. Put greens on platter and set bowl aside with leftover dressing, to drizzle over other ingredients at end.
- Slice tuna steaks on bias and arrange on top of greens. Scatter the olives and cherry or grape tomatoes over the salad.
- Add the reserved, cooked and cut Yukon gold potatoes and reserved green beans.
- Drain capers and scatter on top of greens. With kitchen shears, snip the parsley over the salad.
- Sprinkle shredded Parmesan over top of salad along with any leftover dressing.

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:15.15, Inflammation Score:-10, Nutrition Score:37.407826257789%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

Nutrients (% of daily need)

Calories: 422.82kcal (21.14%), Fat: 20.64g (31.75%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 22.74g (8.27%), Sugar: 3.12g (3.46%), Cholesterol: 47.34mg (15.78%), Sodium: 562.73mg (24.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.08g (66.16%), Vitamin B12: 10.77µg (179.47%), Vitamin K: 85.91µg (81.82%), Vitamin A: 3973.94IU (79.48%), Vitamin C: 56.18mg (68.1%), Selenium: 44.38µg (63.4%), Vitamin B3: 11.9mg (59.49%), Vitamin B6: 0.99mg (49.46%), Phosphorus: 446.05mg (44.61%), Vitamin D: 6.49µg (43.3%), Potassium: 1055mg (30.14%), Vitamin B1: 0.43mg (28.84%), Magnesium: 109.31mg (27.33%), Vitamin E: 3.76mg (25.07%), Vitamin B2: 0.42mg (24.84%), Manganese: 0.42mg (20.95%), Iron: 3.58mg (19.86%), Fiber: 4.51g (18.06%), Vitamin B5: 1.78mg (17.78%), Copper: 0.34mg (17.24%), Folate: 66.29µg (16.57%), Calcium: 140.08mg (14.01%), Zinc: 1.5mg (10.03%)