



Tuna Niçoise Salad with Roasted Green Beans and Potatoes



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon capers rinsed
- ☐ 4 large eggs
- ☐ 7 ounces grape tomatoes halved
- ☐ 8 ounces green beans trimmed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 12 cups romaine leaves loosely packed
- ☐ 2 tablespoons olive oil divided

- ☐ 0.3 cup olives such as oil-cured or kalamata, pitted and halved
- ☐ 1 tablespoon parsley chopped
- ☐ 0.3 teaspoon pepper divided
- ☐ 8 ounces potatoes – remove skin red such as bliss or fingerling (9), halved
- ☐ 0.3 teaspoon salt divided
- ☐ 6 ounce tuna in olive oil drained canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ On a large rimmed baking sheet, toss potatoes and beans with 2 teaspoons olive oil; season with half of the salt and pepper. Roast 15 to 20 minutes or until beans are browned and tender.
- ☐ Transfer beans to a plate, toss potatoes again, and continue roasting 10 minutes or until tender.
- ☐ Add potatoes to plate with beans.
- ☐ In a small bowl, whisk together lemon juice, remaining 2 tablespoons olive oil, capers, parsley, and remaining salt and pepper. Divide lettuce among 4 plates; top each with 1/4 of the tuna, olives, tomatoes, potatoes, and beans.
- ☐ Spray a large nonstick skillet with cooking spray. Crack two eggs into skillet. Cook until whites are cooked and yolks are just set (about 2 minutes). Repeat with remaining eggs. To serve, drizzle each salad with dressing and place one egg on top.

Nutrition Facts



 PROTEIN **27.38%**  FAT **36.48%**  CARBS **36.14%**

Properties

Glycemic Index:37, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:49.788260916005%

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: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 405.26kcal (20.26%), Fat: 16.89g (25.98%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 27.02g (9.82%), Sugar: 11.42g (12.69%), Cholesterol: 193.65mg (64.55%), Sodium: 795.87mg (34.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.52g (57.04%), Vitamin A: 53783.42IU (1075.67%), Vitamin C: 150.67mg (182.63%), Manganese: 2.43mg (121.45%), Folate: 335.45µg (83.86%), Selenium: 52.67µg (75.24%), Vitamin K: 70.23µg (66.89%), Vitamin B2: 1.08mg (63.59%), Potassium: 2048.53mg (58.53%), Vitamin B1: 0.86mg (57.44%), Vitamin B6: 1.07mg (53.27%), Iron: 9.18mg (51.01%), Phosphorus: 507.04mg (50.7%), Vitamin B3: 9.57mg (47.83%), Fiber: 10.62g (42.47%), Magnesium: 146.31mg (36.58%), Calcium: 328.38mg (32.84%), Vitamin E: 4.9mg (32.65%), Vitamin D: 3.85µg (25.66%), Vitamin B12: 1.38µg (23.01%), Zinc: 2.88mg (19.21%), Vitamin B5: 1.27mg (12.72%), Copper: 0.23mg (11.63%)