



Tuna Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby potatoes assorted
- ☐ 1 teaspoon dijon mustard
- ☐ 3 large eggs
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic clove pressed
- ☐ 8 oz green beans fresh
- ☐ 0.3 teaspoon pepper

- ☐ 1 tablespoon honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons onion red finely chopped
- ☐ 7 oz roasted peppers refrigerated red drained chopped in oil
- ☐ 0.5 teaspoon salt
- ☐ 10 oz water-packed tuna white drained canned

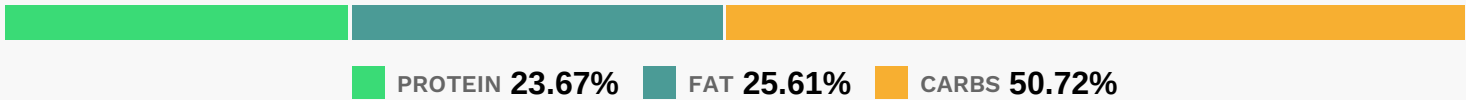
Equipment

- ☐ whisk

Directions

- ☐ Bring potatoes and water to cover to a boil; cook 15 minutes.
- ☐ Add beans and eggs; cook 5 minutes.
- ☐ Drain.
- ☐ Cut potatoes in half lengthwise, and cool 10 minutes.
- ☐ Peel eggs under cold running water, and cut into wedges.
- ☐ Gently stir together roasted red bell peppers, next 3 ingredients, potatoes, and beans.
- ☐ Whisk together garlic and next 6 ingredients; gently toss with potato mixture. Arrange on a serving plate with tuna and eggs.

Nutrition Facts



Properties

Glycemic Index:58.34, Glycemic Load:21.81, Inflammation Score:-7, Nutrition Score:21.928260803223%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.07mg,

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 271.24kcal (13.56%), Fat: 7.88g (12.13%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 30.14g (10.96%), Sugar: 5.88g (6.53%), Cholesterol: 110.01mg (36.67%), Sodium: 807.61mg (35.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.78%), Vitamin C: 56.3mg (68.24%), Selenium: 40.98µg (58.55%), Vitamin K: 44.16µg (42.06%), Vitamin B6: 0.78mg (38.9%), Vitamin B3: 6.81mg (34.05%), Potassium: 916.66mg (26.19%), Vitamin B12: 1.44µg (23.95%), Phosphorus: 227.22mg (22.72%), Manganese: 0.43mg (21.37%), Fiber: 4.99g (19.96%), Iron: 3.25mg (18.06%), Magnesium: 64.45mg (16.11%), Folate: 60.98µg (15.24%), Vitamin B2: 0.26mg (15.2%), Vitamin A: 722.22IU (14.44%), Copper: 0.28mg (14.25%), Vitamin B1: 0.19mg (12.94%), Vitamin B5: 1.04mg (10.36%), Vitamin E: 1.29mg (8.61%), Zinc: 1.28mg (8.52%), Calcium: 75.15mg (7.52%), Vitamin D: 1.07µg (7.11%)