



 **70%**
HEALTH SCORE

Tuna Provençal

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baguette
- 0.3 teaspoon pepper black
- 17 ounce beets drained sliced canned
- 3 cans tuna drained
- 3 tablespoons flat-leaf parsley fresh chopped
- 0.5 teaspoon kosher salt
- 1 small head lettuce green
- 5 tablespoons olive oil extra-virgin

- 0.3 cup olive tapenade black
- 6 scallions light white green sliced (and parts)

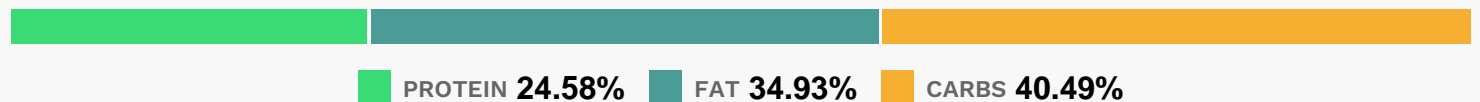
Equipment

- bowl

Directions

- Divide the lettuce among individual plates and drizzle with 2 tablespoons of the oil. In a bowl, combine the tuna, beets, scallions, parsley, salt, pepper, and the remaining oil. Spoon alongside the lettuce. Slice the baguette in half lengthwise, then cut each half crosswise into 4-inch-thick pieces.
- Spread the cut side of each piece with the tapenade.
- Serve with the lettuce and tuna.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:20.95, Inflammation Score:-10, Nutrition Score:36.274782968604%

Flavonoids

Apigenin: 6.6mg, Apigenin: 6.6mg, Apigenin: 6.6mg, Apigenin: 6.6mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 530.29kcal (26.51%), Fat: 20.7g (31.84%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 53.98g (17.99%), Net Carbohydrates: 49.93g (18.16%), Sugar: 17.33g (19.26%), Cholesterol: 45.9mg (15.3%), Sodium: 1165.82mg (50.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.55%), Vitamin K: 213.09µg (202.94%), Vitamin A: 7229.08IU (144.58%), Selenium: 99.06µg (141.51%), Vitamin B3: 16.26mg (81.3%), Vitamin B12: 3.28µg (54.61%), Manganese: 0.85mg (42.73%), Folate: 154.81µg (38.7%), Iron: 6.12mg (33.99%), Vitamin B1: 0.49mg (32.64%), Vitamin B6: 0.63mg (31.41%), Phosphorus: 289.23mg (28.92%), Vitamin B2: 0.45mg (26.62%), Vitamin E: 3.52mg (23.43%), Vitamin C: 18.43mg (22.33%), Magnesium: 80.67mg (20.17%), Potassium: 683.25mg (19.52%), Copper: 0.32mg (16.2%), Fiber: 4.05g (16.18%), Calcium: 152.24mg (15.22%), Zinc: 1.91mg (12.77%), Vitamin D: 1.53µg

(10.2%), Vitamin B5: 0.74mg (7.38%)