



WHATSheATE

Tuna rainbow salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 bell pepper red sliced



1 large carrots grated



340 g regular corn drained canned



150 g sugar snap peas



6 beets cooked quartered



185 g water-packed tuna flaked drained canned



100 g mayonnaise



1 tbsp juice of lemon

- ☐ 2 tsp coarse mustard
- ☐ 1 tsp water
- ☐ 4 servings romaine leaves
- ☐ 1 spring onion sliced

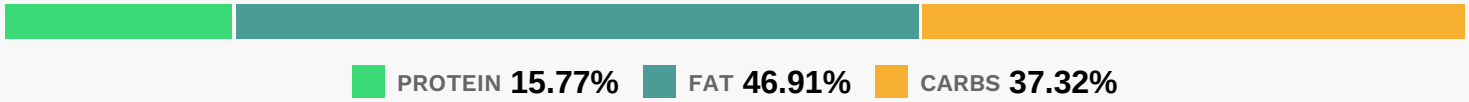
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix together red pepper, carrot, sweetcorn, sugar snap peas, beetroot and tuna.
- ☐ In a small bowl, mix together mayonnaise, lemon juice, wholegrain mustard, water and seasoning, if you like, to make a dressing.
- ☐ Line a large bowl with lettuce leaves, fill with the salad and drizzle with dressing. Top with spring onion and serve straight away.

Nutrition Facts



Properties

Glycemic Index:78.08, Glycemic Load:15.16, Inflammation Score:-10, Nutrition Score:29.874347728232%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 383.89kcal (19.19%), Fat: 20.93g (32.19%), Saturated Fat: 3.28g (20.47%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 29.43g (10.7%), Sugar: 16.36g (18.18%), Cholesterol: 27.15mg (9.05%), Sodium: 406.74mg (17.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.67%), Vitamin A: 6461.8IU (129.24%), Vitamin C: 78.69mg (95.38%), Vitamin K: 60.88µg (57.99%), Folate: 201.54µg (50.38%), Selenium: 34.29µg (48.99%),

Manganese: 0.8mg (39.77%), Vitamin B3: 7.25mg (36.26%), Fiber: 8.02g (32.1%), Vitamin B6: 0.55mg (27.56%), Potassium: 929.28mg (26.55%), Phosphorus: 228.24mg (22.82%), Vitamin B12: 1.22µg (20.31%), Magnesium: 81.17mg (20.29%), Iron: 3.46mg (19.2%), Vitamin B1: 0.25mg (16.6%), Vitamin B5: 1.41mg (14.15%), Vitamin B2: 0.23mg (13.8%), Vitamin E: 1.94mg (12.91%), Zinc: 1.6mg (10.65%), Copper: 0.21mg (10.44%), Calcium: 69.34mg (6.93%), Vitamin D: 0.61µg (4.03%)