



Tuna Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 tablespoons celery minced
- 1 teaspoon flat-leaf parsley minced
- 0.3 cup mayonnaise prepared
- 12 ounce meat tuna white packed in water, drained canned
- 2 tablespoons onion red cold minced drained for 5 minutes and
- 1 tablespoon whole-grain mustard

Equipment

mixing bowl

Directions

- In a small mixing bowl break up the tuna with a fork. Toss with the celery, onion, and parsley.
- Add the mayonnaise, mustard and season with pepper, to taste. Stir to combine.
- Add lemon juice, to taste, if using. Cook's note: Substitute 1 teaspoon Dijon mustard for the whole-grain mustard and add 2 tablespoons sweet pickle relish

Nutrition Facts

 **PROTEIN 32.44%**  **FAT 65.56%**  **CARBS 2%**

Properties

Glycemic Index:51.25, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:12.209999874882%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 208.58kcal (10.43%), Fat: 14.9g (22.93%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.43g (0.47%), Cholesterol: 38.46mg (12.82%), Sodium: 349.47mg (15.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.18%), Selenium: 59.41µg (84.88%), Vitamin B3: 8.48mg (42.39%), Vitamin B12: 2.21µg (36.8%), Vitamin K: 32.42µg (30.87%), Vitamin B6: 0.29mg (14.28%), Phosphorus: 127.07mg (12.71%), Iron: 1.55mg (8.6%), Vitamin D: 1.06µg (7.05%), Vitamin E: 0.92mg (6.13%), Magnesium: 22.67mg (5.67%), Potassium: 178.21mg (5.09%), Vitamin B2: 0.08mg (4.68%), Zinc: 0.63mg (4.19%), Manganese: 0.06mg (2.82%), Copper: 0.05mg (2.59%), Vitamin B1: 0.04mg (2.52%), Calcium: 22.39mg (2.24%), Vitamin B5: 0.19mg (1.87%), Folate: 7.04µg (1.76%), Vitamin A: 83.99IU (1.68%), Fiber: 0.34g (1.35%)