



Tuna Salad Bruschetta

 Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 can solid albacore tuna in water white chunk drained well (5)
- ☐ 0.3 cup spring onion thinly sliced (4 medium)
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.3 cup kalamata olives pitted finely chopped
- ☐ 3 tablespoons olive oil french
- ☐ 0.5 cup the of 1 cos lettuce shredded thinly sliced finely
- ☐ 24 slices crusty baguette french (1/)

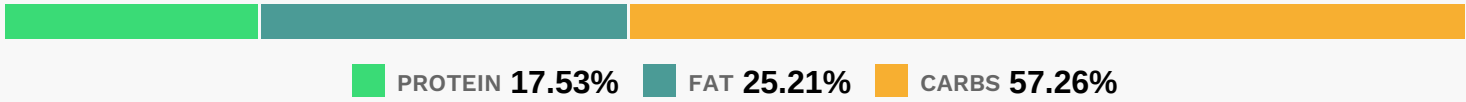
Equipment

☐ bowl

Directions

- ☐ In medium bowl, gently fold together all ingredients except lettuce and bread. Cover; refrigerate at least 1 hour before serving.
- ☐ Just before serving, stir lettuce into tuna mixture.
- ☐ Serve as topping for bread slices.

Nutrition Facts



Properties

Glycemic Index:5.66, Glycemic Load:10.6, Inflammation Score:-3, Nutrition Score:4.6991303822269%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 110.47kcal (5.52%), Fat: 3.06g (4.71%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.85g (5.4%), Sugar: 1.61g (1.79%), Cholesterol: 3.01mg (1%), Sodium: 247.06mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Selenium: 10.24µg (14.62%), Vitamin B1: 0.19mg (12.61%), Vitamin B3: 1.9mg (9.48%), Folate: 37.14µg (9.28%), Manganese: 0.15mg (7.74%), Iron: 1.22mg (6.79%), Vitamin B2: 0.11mg (6.4%), Vitamin K: 5.45µg (5.19%), Phosphorus: 47.09mg (4.71%), Calcium: 36.53mg (3.65%), Vitamin E: 0.49mg (3.27%), Fiber: 0.8g (3.19%), Vitamin A: 151.23IU (3.02%), Magnesium: 11.37mg (2.84%), Vitamin B6: 0.06mg (2.76%), Vitamin C: 2.22mg (2.69%), Copper: 0.04mg (2.24%), Zinc: 0.3mg (1.99%), Potassium: 65.84mg (1.88%), Vitamin B12: 0.08µg (1.4%), Vitamin B5: 0.14mg (1.37%)