



Tuna Salad Caprese



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



1432 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

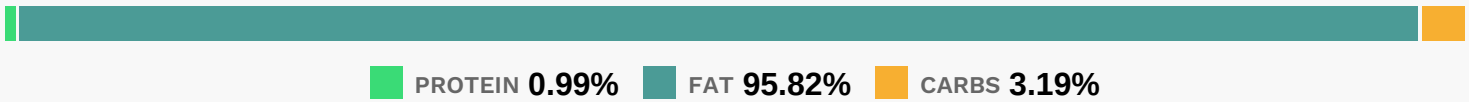
- ☐ 0.3 cup .5 can cannellini beans canned cooked drained (or)
- ☐ 1 serving olive oil extra virgin
- ☐ 4 leaves basil fresh
- ☐ 1 serving salt
- ☐ 5 oz olive oil packed in olive oil canned
- ☐ 1 vine ripened tomato sweet sliced

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Tuna Salad Caprese
- ☐ Ingredients1 can or jar (5–6 oz) good quality tuna packed in olive oil1/4 cup cannellini beans, drained (canned or cooked)4–5 leaves fresh basil, torn1 sweet vine ripened tomato, sliced
- ☐ Extra virgin olive oil
- ☐ Salt
- ☐ Total Time: 2 Minutes
- ☐ Servings: 1
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:14.060434823856%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 1431.63kcal (71.58%), Fat: 156.01g (240.01%), Saturated Fat: 21.53g (134.55%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 8g (2.91%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 299.35mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin E: 23.11mg (154.05%), Vitamin K: 111.78µg (106.45%), Vitamin A: 1130.09IU (22.6%), Vitamin C: 17.21mg (20.86%), Fiber: 3.65g (14.61%), Iron: 2.24mg (12.42%), Potassium: 299.01mg (8.54%), Manganese: 0.16mg (8.18%), Vitamin B6: 0.1mg (5.07%), Folate: 19.81µg (4.95%), Calcium: 44.37mg (4.44%), Copper: 0.08mg (4.02%), Vitamin B3: 0.75mg (3.74%), Magnesium: 14.81mg (3.7%), Vitamin B1: 0.05mg (3.08%), Phosphorus: 30.64mg (3.06%), Zinc: 0.23mg (1.51%), Vitamin B2: 0.02mg (1.46%),

Vitamin B5: 0.1mg (1.14%)