



 **100%**
HEALTH SCORE

Tuna Salad Nicoise for Two

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



817 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups baby spinach leaves loosely packed
- 0.3 cup lite balsamic vinaigrette dressing kraft
- 1 cup cherry tomatoes halved
- 0.5 cup green beans fresh cooled cooked cut
- 1 hard-cooked egg cut into wedges
- 2 onion red separated thin
- 0.5 lb potatoes red cooled cooked cut into wedges (2)
- 0.3 cup milk mozzarella cheese shredded 2% kraft

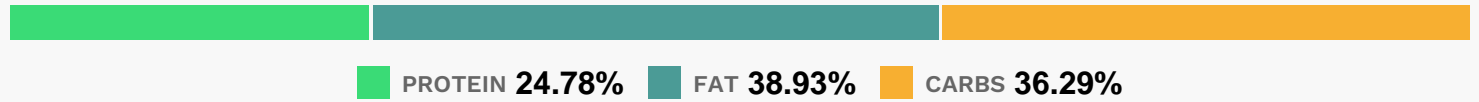
5 oz tuna in water white flaked drained canned

Equipment

Directions

- Spoon tuna onto 2 spinach-covered plates; surround with eggs, beans, onions, potatoes and tomatoes.
- Sprinkle with cheese.
- Top with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:6.2, Inflammation Score:-10, Nutrition Score:59.779130355172%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 7.43mg, Kaempferol: 7.43mg, Kaempferol: 7.43mg, Kaempferol: 7.43mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 52.25mg, Quercetin: 52.25mg, Quercetin: 52.25mg, Quercetin: 52.25mg

Nutrients (% of daily need)

Calories: 816.74kcal (40.84%), Fat: 35.7g (54.93%), Saturated Fat: 7.88g (49.23%), Carbohydrates: 74.9g (24.97%), Net Carbohydrates: 62.8g (22.84%), Sugar: 20.95g (23.28%), Cholesterol: 259.65mg (86.55%), Sodium: 1219.4mg (53.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.13g (102.26%), Vitamin K: 471.06µg (448.63%), Vitamin A: 10097.76IU (201.96%), Selenium: 120.47µg (172.11%), Vitamin C: 101.76mg (123.34%), Vitamin B3: 18.83mg (94.16%), Manganese: 1.73mg (86.72%), Folate: 324.37µg (81.09%), Vitamin B12: 4.84µg (80.61%), Vitamin B6: 1.54mg (77.24%), Potassium: 2629.95mg (75.14%), Phosphorus: 688.18mg (68.82%), Magnesium: 213.36mg (53.34%), Iron: 9.22mg (51.23%), Vitamin B2: 0.84mg (49.52%), Fiber: 12.1g (48.41%), Calcium: 396.93mg (39.69%), Copper: 0.73mg (36.7%), Vitamin B1: 0.54mg (35.85%), Zinc: 4.22mg (28.12%), Vitamin E: 3.99mg (26.6%), Vitamin B5: 2.23mg (22.26%), Vitamin D: 2.91µg (19.42%)