



Tuna Salad Undone

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

READY IN



45 min.

SERVINGS



2

CALORIES



113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 leaves boston lettuce dry rinsed
- 1 tablespoon nonpareil capers
- 1 tablespoon micro greens
- 2 tablespoons hardboiled egg chopped
- 0.5 optional: lemon
- 2 tablespoons orange bell pepper red finely chopped
- 0.3 teaspoon lava sea salt black
- 2 tablespoons shallots finely chopped

6 ounces ventresca tuna canned packed in olive oil

Equipment

Directions

- Watch how to make this recipe.
- Carefully remove the tuna from the can, leaving the loin pieces intact. Reserve the olive oil.
- Place the tuna in the refrigerator while you prepare the remaining ingredients.
- Divide the lettuce between 2 plates and carefully lay the tuna atop the leaves. Top with the shallot, bell pepper, capers, hard-boiled egg and micro greens.
- Sprinkle with black lava sea salt.
- Drizzle the salad with the reserved olive oil and a squeeze of lemon.

Nutrition Facts

 **PROTEIN 64.06%**  **FAT 15.04%**  **CARBS 20.9%**

Properties

Glycemic Index:43.75, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:17.41739138313%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 113.17kcal (5.66%), Fat: 1.93g (2.96%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 4.29g (1.56%), Sugar: 2.25g (2.5%), Cholesterol: 62.32mg (20.77%), Sodium: 603.78mg (26.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.92%), Selenium: 60.78µg (86.82%), Vitamin B3: 8.75mg (43.77%), Vitamin B12: 2.28µg (38%), Vitamin C: 30.01mg (36.38%), Vitamin K: 32.41µg (30.86%), Vitamin A: 1473.31IU (29.47%), Vitamin B6: 0.4mg (19.85%), Phosphorus: 157.06mg (15.71%), Iron: 2.33mg (12.95%), Folate: 43.35µg (10.84%), Potassium: 336.46mg (9.61%), Vitamin B2: 0.16mg (9.21%), Vitamin D: 1.21µg (8.05%), Magnesium: 31.83mg (7.96%), Fiber: 1.73g (6.92%), Manganese: 0.13mg (6.73%), Zinc: 0.82mg (5.46%), Vitamin B1: 0.07mg (4.87%), Calcium: 44.17mg (4.42%), Vitamin E: 0.65mg (4.33%), Copper: 0.09mg (4.3%), Vitamin B5:

0.41mg (4.09%)