



WHATSheATE



Tuna Salad With Lemon Aioli



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

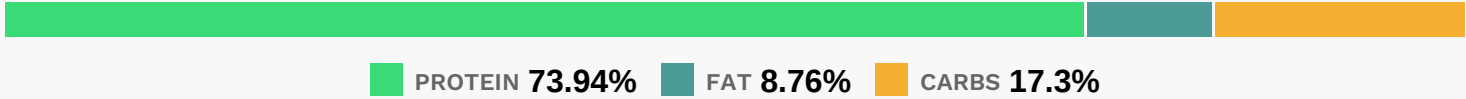
- ☐ 0.5 cucumber english half-moon-shaped cut into slices
- ☐ 1 large apples i use 2 granny smith apples diced
- ☐ 8 servings lemon aioli
- ☐ 0.3 cup onion red minced
- ☐ 36 oz solid tuna in spring water white flaked drained canned

Equipment

Directions

☐ Stir together all ingredients; cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:1.24, Inflammation Score:-4, Nutrition Score:15.248260912688%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 136.15kcal (6.81%), Fat: 1.29g (1.99%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 4.71g (1.71%), Sugar: 3.6g (4%), Cholesterol: 45.93mg (15.31%), Sodium: 280.38mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.13%), Selenium: 86.6µg (123.72%), Vitamin B3: 12.71mg (63.56%), Vitamin B12: 3.28µg (54.64%), Vitamin B6: 0.44mg (21.94%), Phosphorus: 184.91mg (18.49%), Iron: 2.27mg (12.61%), Vitamin D: 1.53µg (10.21%), Magnesium: 34.23mg (8.56%), Potassium: 298.88mg (8.54%), Vitamin C: 5.89mg (7.14%), Vitamin B2: 0.12mg (7.11%), Zinc: 0.9mg (6.02%), Fiber: 1.04g (4.18%), Copper: 0.08mg (4.05%), Vitamin K: 3.96µg (3.77%), Vitamin B1: 0.05mg (3.54%), Vitamin E: 0.49mg (3.26%), Calcium: 30.61mg (3.06%), Manganese: 0.06mg (2.87%), Vitamin B5: 0.27mg (2.74%), Folate: 8.97µg (2.24%), Vitamin A: 109.1IU (2.18%)