



 **54%**
HEALTH SCORE

Tuna Salad with Sunflower Kernels

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



10

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup lite balsamic vinaigrette dressing kraft
- 1 lb romaine lettuce
- 0.3 cup planters sunflower kernels
- 2 tomatoes sliced
- 5 oz tuna in water white flaked drained canned

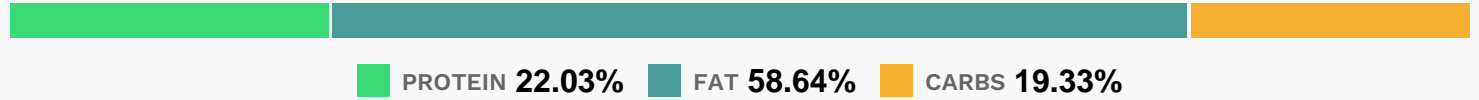
Equipment

- bowl

Directions

- Layer all ingredients except dressing in large bowl.
- Drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:11.459999856742%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 73.31kcal (3.67%), Fat: 4.93g (7.58%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.54g (1.71%), Cholesterol: 5.1mg (1.7%), Sodium: 107mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin A: 4165.46IU (83.31%), Vitamin K: 48.47µg (46.16%), Folate: 73.55µg (18.39%), Selenium: 11.57µg (16.52%), Vitamin B3: 1.97mg (9.87%), Vitamin E: 1.42mg (9.45%), Manganese: 0.17mg (8.32%), Vitamin B6: 0.14mg (7.18%), Vitamin B1: 0.1mg (6.37%), Vitamin C: 5.23mg (6.34%), Potassium: 216.89mg (6.2%), Fiber: 1.54g (6.14%), Phosphorus: 61.04mg (6.1%), Vitamin B12: 0.36µg (6.07%), Magnesium: 23.2mg (5.8%), Copper: 0.1mg (5.17%), Iron: 0.92mg (5.11%), Vitamin B2: 0.06mg (3.45%), Zinc: 0.41mg (2.71%), Calcium: 23.38mg (2.34%), Vitamin B5: 0.15mg (1.45%), Vitamin D: 0.17µg (1.13%)