



## Tuna-Topped Chopped Salad-to-Go

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

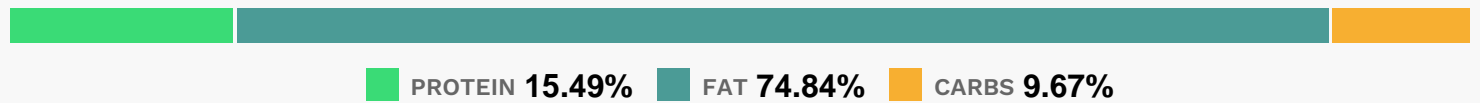
- 1 Tbsp olives black sliced
- 0.5 cup cucumbers chopped
- 3 Tbsp athenos feta cheese with basil & tomato crumbled
- 0.3 cup onions red chopped
- 1 cup romaine lettuce chopped
- 0.5 cup tomatoes chopped
- 2 Tbsp greek vinaigrette with feta cheese and oregano dressing made with extra virgin olive oil kraft
- 0.3 cup tuna in water white canned flaked drained

# Equipment

## Directions

- Spoon dressing into 3-cup resealable container; top with remaining ingredients. Cover with lid.
- Refrigerate until ready to pack in insulated lunch bag.
- Shake container to coat salad with dressing just before serving.

## Nutrition Facts



## Properties

Glycemic Index:107, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:27.195217443549%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg

## Nutrients (% of daily need)

Calories: 485.85kcal (24.29%), Fat: 41.11g (63.24%), Saturated Fat: 10.99g (68.68%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 8.65g (3.15%), Sugar: 5.18g (5.75%), Cholesterol: 63.87mg (21.29%), Sodium: 829.59mg (36.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.29%), Vitamin A: 5038.88IU (100.78%), Vitamin K: 77µg (73.33%), Selenium: 42.98µg (61.4%), Vitamin B12: 2.18µg (36.35%), Vitamin E: 5.09mg (33.93%), Vitamin B2: 0.55mg (32.13%), Vitamin B3: 6.28mg (31.39%), Calcium: 306.58mg (30.66%), Phosphorus: 300.06mg (30.01%), Vitamin B6: 0.56mg (27.96%), Folate: 110.62µg (27.65%), Vitamin C: 17.17mg (20.82%), Potassium: 567.1mg (16.2%), Zinc: 2.23mg (14.84%), Manganese: 0.28mg (14.1%), Fiber: 3.29g (13.16%), Vitamin B1: 0.2mg (13.07%), Iron: 2.27mg (12.62%), Magnesium: 49.13mg (12.28%), Vitamin B5: 0.91mg (9.13%), Copper: 0.18mg (8.99%), Vitamin D: 0.82µg (5.47%)