



Tuna, White Bean, and Red Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.5 cups onion red very thinly sliced
- ☐ 0.5 ounce cans tuna packed in olive oil, drained, broken into chunks canned

Equipment

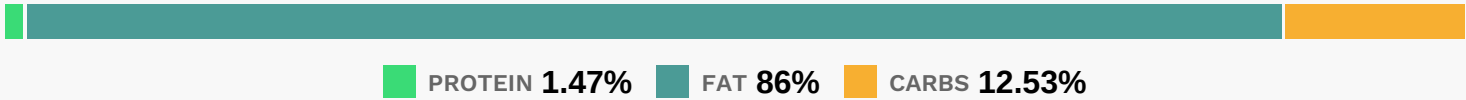
- ☐ bowl

Directions

- ☐
- Place beans in large bowl.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:2.6426087068799%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 174.67kcal (8.73%), Fat: 17.1g (26.31%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.58g (1.67%), Sugar: 2.54g (2.83%), Cholesterol: 0mg (0%), Sodium: 2.74mg (0.12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin E: 2.47mg (16.44%), Vitamin K: 10.5µg (10%), Vitamin C: 4.44mg (5.38%), Fiber: 1.02g (4.08%), Manganese: 0.08mg (3.87%), Vitamin B6: 0.07mg (3.6%), Folate: 11.4µg (2.85%), Potassium: 87.77mg (2.51%), Vitamin B1: 0.03mg (1.84%), Phosphorus: 17.4mg (1.74%), Magnesium: 6mg (1.5%), Calcium: 13.97mg (1.4%), Iron: 0.22mg (1.23%), Copper: 0.02mg (1.17%)