



Veggie-Loaded Tangy Tuna Salad



Gluten Free

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READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 scoop cut bell peppers for ing
- ☐ 0.1 teaspoon pepper black
- ☐ 12 ounce pouch albacore tuna packed in water, drained and flaked canned
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 0.7 cup mayonnaise fat-free
- ☐ 1 tablespoon dijon honey mustard
- ☐ 1 leaf lettuce "cups

- ☐ 2 teaspoons relish sweet
- ☐ 0.1 teaspoon salt
- ☐ 1 cup bell peppers red yellow finely chopped

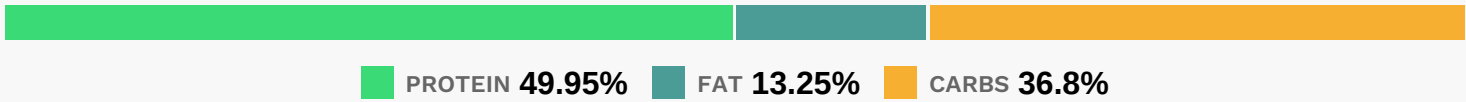
Equipment

- ☐ bowl

Directions

- ☐ Place flaked tuna in a medium bowl.
- ☐ Add veggies and mix well.
- ☐ Add mayo, honey mustard, relish, salt, and black pepper.
- ☐ Mix thoroughly. Season with more salt and black pepper, to taste, if you like. Mmmmmm!

Nutrition Facts



Properties

Glycemic Index:35.71, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:18.832608834557%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 137.3kcal (6.87%), Fat: 1.99g (3.06%), Saturated Fat: 0.45g (2.78%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 10.67g (3.88%), Sugar: 5.66g (6.28%), Cholesterol: 34.08mg (11.36%), Sodium: 630.31mg (27.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.89g (33.79%), Vitamin C: 70.08mg (84.94%), Selenium: 57.96µg (82.8%), Vitamin A: 2883.48IU (57.67%), Vitamin B3: 8.98mg (44.91%), Vitamin B12: 2.19µg (36.43%), Vitamin B6: 0.37mg (18.38%), Vitamin K: 15.61µg (14.86%), Phosphorus: 137.25mg (13.72%), Iron: 1.75mg (9.74%), Potassium: 335.35mg (9.58%), Magnesium: 28.76mg (7.19%), Fiber: 1.78g (7.11%), Vitamin D: 1.02µg (6.8%), Vitamin B2: 0.1mg (6.03%), Manganese: 0.11mg (5.68%), Folate: 20.92µg (5.23%), Copper: 0.1mg (5.15%), Zinc: 0.71mg (4.71%), Vitamin B1: 0.05mg (3.37%), Calcium: 32.6mg (3.26%), Vitamin E: 0.44mg (2.94%), Vitamin B5: 0.26mg (2.65%)