



## Veggie Tuna Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 18 ounce tuna drained canned
- ☐ 3 stalks celery finely chopped
- ☐ 0.5 jicama root diced peeled
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 cup mustard prepared
- ☐ 0.3 cup freshly parsley chopped
- ☐ 3 radishes cut into matchsticks
- ☐ 2.5 tablespoons steak seasoning

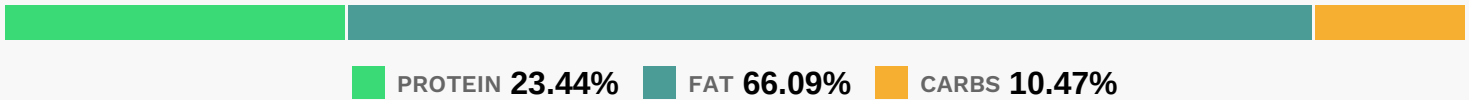
# Equipment

☐ bowl

## Directions

☐ Mix tuna, jicama, mayonnaise, mustard, celery, parsley, radishes, and steak seasoning in a bowl until well blended.

## Nutrition Facts



## Properties

Glycemic Index:24.13, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:15.211304239605%

## Flavonoids

Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 232.2kcal (11.61%), Fat: 17.01g (26.16%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.37g (1.52%), Cholesterol: 31.78mg (10.59%), Sodium: 459.85mg (19.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.14%), Vitamin K: 79.95µg (76.14%), Selenium: 49.47µg (70.67%), Vitamin B3: 6.61mg (33.05%), Vitamin B12: 1.66µg (27.74%), Vitamin C: 11.71mg (14.2%), Vitamin B6: 0.26mg (13.21%), Fiber: 3.15g (12.62%), Phosphorus: 123.14mg (12.31%), Iron: 2.2mg (12.2%), Manganese: 0.21mg (10.42%), Magnesium: 32.83mg (8.21%), Vitamin E: 1.21mg (8.1%), Potassium: 263.02mg (7.51%), Vitamin A: 328.01IU (6.56%), Vitamin B2: 0.09mg (5.4%), Vitamin D: 0.81µg (5.38%), Folate: 19.98µg (5%), Calcium: 49.32mg (4.93%), Zinc: 0.7mg (4.67%), Vitamin B1: 0.07mg (4.48%), Copper: 0.09mg (4.26%), Vitamin B5: 0.28mg (2.8%)