



Where's the Tuna Salad



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

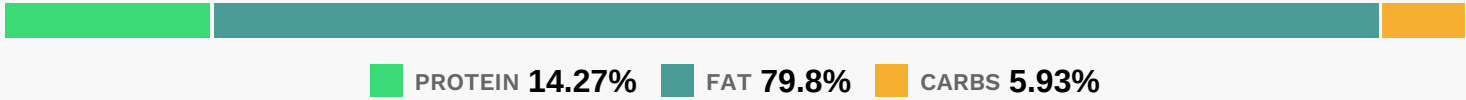
- ☐ 6 ounce tuna drained canned
- ☐ 0.3 cup celery finely chopped
- ☐ 0.3 cup dill pickle chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 cup pickle sweet chopped

Equipment

Directions

☐ Mix together the tuna, mayonnaise, red onion, celery, dill pickle, sweet pickle, and parsley; chill in refrigerator at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:9.402608902558%

Flavonoids

Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 243.69kcal (12.18%), Fat: 21.45g (33%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.09g (1.13%), Sugar: 2.54g (2.82%), Cholesterol: 27.07mg (9.02%), Sodium: 392.85mg (17.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.26%), Vitamin K: 70.02µg (66.69%), Selenium: 29.55µg (42.22%), Vitamin B3: 4.28mg (21.42%), Vitamin B12: 1.13µg (18.77%), Vitamin B6: 0.16mg (8.06%), Vitamin E: 1.13mg (7.54%), Phosphorus: 72.28mg (7.23%), Iron: 0.91mg (5.05%), Vitamin A: 244.64IU (4.89%), Potassium: 136.57mg (3.9%), Vitamin D: 0.57µg (3.78%), Magnesium: 13.55mg (3.39%), Vitamin B2: 0.06mg (3.26%), Vitamin C: 2.52mg (3.05%), Calcium: 26.76mg (2.68%), Zinc: 0.38mg (2.53%), Folate: 9.6µg (2.4%), Manganese: 0.04mg (2.07%), Fiber: 0.49g (1.96%), Vitamin B1: 0.03mg (1.93%), Copper: 0.04mg (1.92%), Vitamin B5: 0.15mg (1.52%)