

 100%
HEALTH SCORE

White Bean-and-Tuna Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce .5 can cannellini beans rinsed drained canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 green onions thinly sliced
- ☐ 2 tablespoons juice of lemon
- ☐ 3 servings lettuce leaves
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper freshly ground

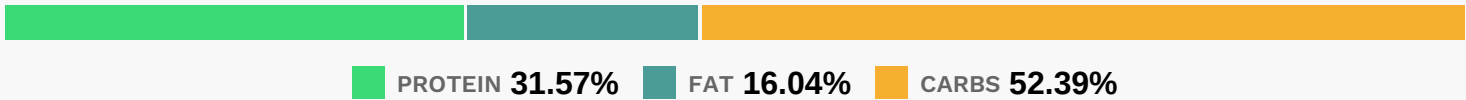
- ☐ 0.3 teaspoon salt
- ☐ 6.5 ounce solid tuna in spring water white flaked drained canned

Equipment

Directions

- ☐ Stir together first 5 ingredients.
- ☐ Add beans, tuna, and green onions, tossing gently to coat.
- ☐ Sprinkle with parsley, and serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:9.92, Inflammation Score:-9, Nutrition Score:29.003913050113%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 325.59kcal (16.28%), Fat: 5.89g (9.07%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 33.24g (12.09%), Sugar: 1.45g (1.61%), Cholesterol: 22.11mg (7.37%), Sodium: 348.88mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.21%), Vitamin K: 87.88µg (83.7%), Selenium: 44.95µg (64.22%), Manganese: 1.15mg (57.39%), Vitamin A: 2204.22IU (44.08%), Iron: 7.49mg (41.59%), Fiber: 10.07g (40.29%), Folate: 151.56µg (37.89%), Vitamin B3: 6.55mg (32.75%), Potassium: 1090.66mg (31.16%), Magnesium: 120.24mg (30.06%), Phosphorus: 272.38mg (27.24%), Vitamin B12: 1.58µg (26.31%), Copper: 0.49mg (24.68%), Vitamin B6: 0.38mg (19.18%), Calcium: 180.43mg (18.04%), Vitamin C: 14.75mg (17.88%), Zinc: 2.68mg (17.86%), Vitamin E: 2.63mg (17.51%), Vitamin B1: 0.24mg (15.89%), Vitamin B2: 0.16mg (9.62%), Vitamin D: 0.74µg (4.91%), Vitamin B5: 0.48mg (4.84%)