



HEALTH SCORE

100%

White Bean and Tuna Salad



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup onions red chopped
- ☐ 1 juice of lemon (can sub a tablespoon of cider vinegar)
- ☐ 2 five to six ounce cans of tuna packed in olive oil canned
- ☐ 30 ounce cannellini beans white rinsed drained canned
- ☐ 0.5 cup parsley loosely packed chopped ()
- ☐ 3 tablespoon a few es of tabasco sauce red minced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 servings salt and more extra virgin olive oil to taste

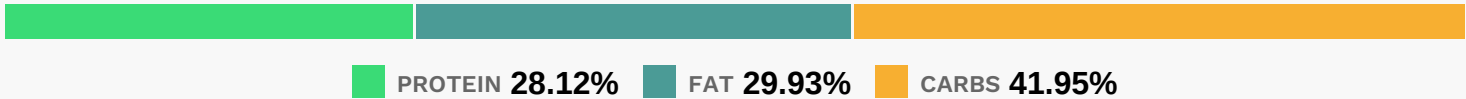
Equipment

☐ bowl

Directions

- ☐ some of the lemon juice over the chopped onions while you prepare the other ingredients. This will take some of the oniony edge off the onions.
- ☐ Combine ingredients in a bowl:
- ☐ Drain the oil from the tuna and put the tuna into a large bowl.
- ☐ Add the beans to the tuna and gently stir to combine.
- ☐ Add the onions, herbs, black pepper, lemon zest and lemon juice and mix to combine.
- ☐ Add Tabasco or chili to taste.
- ☐ If the salad needs more acid, add a little more lemon juice. If the salad seems a little dry, add a little bit of extra virgin olive oil.
- ☐ Add salt to taste.
- ☐ Chill before serving. This salad will last several days in the fridge, tightly covered.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:39.850435132566%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 489.05kcal (24.45%), Fat: 16.74g (25.75%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 34.8g (12.65%), Sugar: 2.38g (2.65%), Cholesterol: 30.6mg (10.2%), Sodium: 295.01mg (12.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.38g (70.77%), Vitamin K: 138.51µg (131.91%), Selenium: 67.8µg (96.86%), Fiber: 17.98g (71.94%), Manganese: 1.32mg (65.8%), Folate: 242.5µg (60.62%), Vitamin B3: 10.73mg (53.65%), Phosphorus: 502.22mg (50.22%), Vitamin A: 2463.99IU (49.28%), Iron: 7.64mg (42.47%), Vitamin B12: 2.18µg (36.41%), Magnesium: 143.43mg (35.86%), Vitamin B6: 0.71mg (35.27%), Potassium: 1209.09mg (34.55%), Copper: 0.66mg (32.86%), Vitamin E: 4.66mg (31.09%), Vitamin B1: 0.4mg (26.89%), Vitamin C: 18.64mg (22.6%), Calcium: 200.93mg (20.09%), Zinc: 2.85mg (18.97%), Vitamin B2: 0.27mg (15.96%), Vitamin B5: 0.84mg (8.37%), Vitamin D: 1.02µg (6.8%)