



HEALTH SCORE

100%

White Bean and Tuna Salad with Radicchio



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tuna canned drained
- ☐ 30 ounce cannellini beans white rinsed drained canned (kidney)
- ☐ 2 celery stalks peeled sliced
- ☐ 1 leaf flat parsley (for garnish)
- ☐ 6 servings pepper black freshly ground
- ☐ 6 tablespoons parsley divided plus more for drizzling
- ☐ 1 medium head radicchio thinly cored

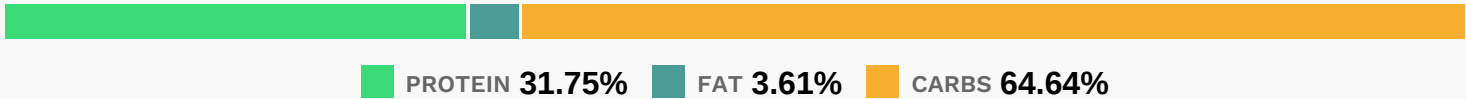
Equipment

☐ bowl

Directions

- ☐ Place radicchio in a large bowl; drizzle with 3 tablespoons Parsley Vinaigrette and toss to coat. Season radicchio to taste with salt and pepper.
- ☐ Transfer to a serving platter, spreading out in an even layer.
- ☐ Combine 3 tablespoons Parsley Vinaigrette, cannellini beans, and celery in the large bowl; toss to coat. Season to taste with salt and pepper. Arrange bean mixture on top of radicchio. Top salad with tuna and garnish with parsley.
- ☐ Drizzle some vinaigrette over.
- ☐ Per serving: 360 calories, 19 g fat, 8 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:7.27, Inflammation Score:-8, Nutrition Score:20.422608613968%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Apigenin: 9.02mg, Apigenin: 9.02mg, Apigenin: 9.02mg, Apigenin: 9.02mg Luteolin: 17.78mg, Luteolin: 17.78mg, Luteolin: 17.78mg, Luteolin: 17.78mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 14.72mg, Quercetin: 14.72mg, Quercetin: 14.72mg, Quercetin: 14.72mg

Nutrients (% of daily need)

Calories: 197.36kcal (9.87%), Fat: 0.81g (1.24%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 25.12g (9.13%), Sugar: 0.75g (0.83%), Cholesterol: 9.24mg (3.08%), Sodium: 76.98mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.98g (31.96%), Vitamin K: 192.05µg (182.9%), Manganese: 0.82mg (41%), Folate: 127.99µg (32%), Fiber: 7.41g (29.63%), Iron: 5.2mg (28.91%), Selenium: 20.1µg (28.72%), Copper: 0.51mg (25.42%), Potassium: 857.52mg (24.5%), Magnesium: 86.66mg (21.67%), Phosphorus: 185.71mg (18.57%), Vitamin E: 2.3mg (15.3%), Vitamin B3: 2.89mg (14.43%), Zinc: 2.09mg (13.96%), Calcium: 123.69mg (12.37%), Vitamin C: 9.32mg (11.29%), Vitamin B6: 0.22mg (11%), Vitamin B12: 0.66µg (10.99%), Vitamin B1: 0.16mg (10.35%), Vitamin A: 384.76IU (7.7%), Vitamin B2: 0.09mg (5.39%), Vitamin B5: 0.45mg (4.47%), Vitamin D: 0.31µg (2.05%)