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Vegan Tu-nah · ·

Vegan Tu-nah is a plant-based alternative to traditional tuna salad. Made with chickpeas, it provides a similar texture and flavor to tuna, making it a great option for vegans and vegetarians. The recipe is easy to prepare and can be enjoyed in sandwiches, salads, or as a dip.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

400 g	canned chickpeas
100 g	vegan mayonnaise
50 g	celery
50 g	red onion
50 g	Dill pickle

30 ml	Lemon juice
2 tsp	Dijon Mustard
1 tsp	Sea Salt
1 tsp	Black pepper

Directions

Step 1

Preparation

Drain and rinse the canned chickpeas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, mash the chickpeas with a fork or potato masher until chunky.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the vegan mayonnaise, celery, red onion, dill pickle, lemon juice, Dijon mustard, sea salt, and black pepper to the bowl. Mix well to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Taste and adjust the seasoning if needed.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 1 hour to allow the flavors to meld.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Vegan Tu-nah in sandwiches, salads, or as a dip.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 8 g

Protein: 3 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	4 mg	0.12%	0.15%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

The Acid Reflux Diet

Gluten-Free Diet

Meal Type

Brunch

Supper

Difficulty Level

Medium

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