



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Tuna and Ranch Garden Salad ♦♦

A refreshing and healthy salad made with tuna, fresh vegetables, and a creamy ranch dressing.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	canned tuna
100 g	lettuce
100 g	cucumber
100 g	Tomato
50 g	carrot
50 g	red onion

50 g ranch dressing

Directions

Step 1

Cut

Chop the lettuce, cucumber, tomato, carrot, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Drain the canned tuna.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, mix together the chopped vegetables and tuna.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stirring

Add the ranch dressing and toss to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	3 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	100 mg	10%	10%
Iron	3 mg	37.5%	16.67%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Spring

Summer

Events

Picnic

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

Cost

\$10 to \$20

Demographics

Diabetic Friendly

Heart Healthy

Diet

Nordic Diet

Vegetarian Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com