



Healthdor

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Cherry Tomato, Dill, and Tuna Salad

A refreshing and healthy salad made with cherry tomatoes, dill, and tuna. Perfect for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	Cherry Tomato
20 g	Dill
80 g	tuna

Directions

Step 1

Wash and halve the cherry tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the dill.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Drain and flake the tuna.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

In a bowl, combine the cherry tomatoes, dill, and tuna.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 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	3 g	7.89%	12%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads Sauces & Dressings

Cultural

Chinese New Year Hanukkah

Demographics

Heart Healthy

Diet

Mediterranean Diet

Nutrisystem Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

Meal Type

Lunch

Supper

Difficulty Level

Medium

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