



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Asian Tuna Salad ♦

This Asian-inspired tuna salad is a refreshing and flavorful dish that combines the freshness of vegetables with the protein-packed goodness of tuna. It is a perfect choice for a light and healthy meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

200 g	canned tuna
100 g	cucumber
100 g	carrot
100 g	Red Bell Pepper
50 g	Green onion

<b>2 tbsp</b>	sesame oil
<b>2 tbsp</b>	soy sauce
<b>1 tbsp</b>	rice vinegar
<b>1 tsp</b>	sesame seeds
<b>0.5 tsp</b>	salt
<b>0.5 tsp</b>	pepper

## Directions

---

### Step 1

Drain the canned tuna and place it in a mixing bowl.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 2

Cutting

Chop the cucumber, carrot, red bell pepper, and green onion into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

Add the chopped vegetables to the mixing bowl with the tuna.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 4

Mixing

In a separate small bowl, whisk together the sesame oil, soy sauce, rice vinegar, sesame seeds, salt, and pepper.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

---

## Step 5

Mixing

Pour the dressing over the tuna and vegetable mixture and toss well to combine.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 6

Serving

Serve the Asian Tuna Salad chilled and enjoy!

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 15 g

Carbohydrates: 6 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
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	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	30 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	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

Italian Thai American

### Course

Drinks Salads Snacks

### Cultural

Chinese New Year Ramadan Easter

### Cost

\$10 to \$20 \$30 to \$40

### Demographics

Senior Friendly Heart Healthy

### Diet

Mediterranean Diet Volumetrics Diet Vegetarian Diet Pescatarian Diet  
Ovo-Vegetarian Diet Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet

### Meal Type

Lunch Supper

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)