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Bacon Tuna Salad ♦♦

Bacon Tuna Salad is a delicious and hearty salad made with crispy bacon, canned tuna, and fresh vegetables. It is a perfect combination of flavors and textures, making it a satisfying and nutritious meal. This salad is great for lunch or dinner and can be enjoyed on its own or as a filling for sandwiches or wraps.

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

100 g	bacon
200 g	canned tuna
100 g	lettuce
100 g	Tomato
100 g	cucumber

50 g	red onion
50 g	mayonnaise
30 ml	Lemon juice
5 g	Salt
2 g	Black pepper

Directions

Step 1

Frying

Cook the bacon until crispy. Let it cool and crumble it into small pieces.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

In a large bowl, combine the canned tuna, lettuce, tomato, cucumber, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, mix together mayonnaise, lemon juice, salt, and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the dressing over the salad and toss to coat evenly.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle the crumbled bacon on top of the salad.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Bacon Tuna Salad chilled and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	4 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	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Oktoberfest

Thanksgiving

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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