



Healthdor

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Tuna Avocado Salad ♦♦

A refreshing salad made with tuna and avocado, perfect for a light and healthy meal.

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 | canned tuna |
| 200 g | Avocado |
| 50 g | red onion |
| 100 g | Cherry Tomatoes |
| 2 tbsp | lemon juice |
| 2 tbsp | olive oil |
| 1 tsp | salt |

1 tsp black pepper

100 g lettuce

Directions

Step 1

Drain the canned tuna and flake it into a bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the avocado into small cubes and add it to the bowl with the tuna.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Thinly slice the red onion and halve the cherry tomatoes. Add them to the bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a separate small bowl, whisk together the lemon juice, olive oil, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Plating

Serve the salad on a bed of lettuce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 280 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% |
| Sugars | 1 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 10 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 15 g | 53.57% | 60% |
| Cholesterol | 35 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 15 mg | 1153.85% | 1153.85% |
| Vitamin B12 | 20 mcg | 833.33% | 833.33% |
| Vitamin E | 10 mg | 66.67% | 66.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 4 mg | 0.4% | 0.4% |
| Iron | 10 mg | 125% | 55.56% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Potassium | 15 mg | 0.44% | 0.58% |
| Zinc | 10 mg | 90.91% | 125% |
| Selenium | 45 mcg | 81.82% | 81.82% |

Recipe Attributes

Seasonality

Summer Fall

Events

New Year Game Day

Cuisines

Thai

Course

Salads Snacks

Cultural

Chinese New Year Diwali Thanksgiving Easter Halloween

Cost

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

Demographics

Senior Friendly Teen Friendly Diabetic Friendly Heart Healthy

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

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