

Recipe Analyzer Results

A single serving of this recipe has 111 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories 111

% Daily Value\*

Total Fat 2.5g	3%
Saturated Fat 0.5g	2%
Cholesterol 17mg	6%
Sodium 40mg	2%
Total Carbohydrate 7.1g	3%
Dietary Fiber 2.4g	9%
Total Sugars 3.8g	
Protein 15.6g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 2mg	11%

Ingredients:

- 1 l (2 pints) grape tomatoes, halved lengthwise
- 2 stalks celery, thinly sliced
- 2 cans (each 120 g drained weight) light flaked tuna in water, drained
- 250 ml (1 cup) chopped cucumber
- 45 ml (3 tbsp) red wine vinegar
- 10 ml (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- 1 pinch hot pepper flakes
- 75 ml (1/3 cup) chopped fresh basil
- 30 ml (2 tbsp) chopped fresh oregano

Potassium 512mg

11%

## Nutrition Facts

Servings: 6

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**