

Tuna Salad Caprese

Yield: 1 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tuna-and-beans-recipe>

Ingredients:

- 1 can tuna
- 1 inch olive oil
- 1/4 cup beans cannellini, drained, canned or cooked
- 4 1/2 leaves fresh basil torn
- 1 vine ripened tomato sweet, sliced
- extra virgin olive oil
- salt

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 35 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 4 grams
8. Sodium: 820 milligrams
9. Sugar: 5 grams

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