

Italian Tuna and White Bean Salad

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 30 ounces navy beans white, drained and rinsed
- 12 3/4 ounces tuna drained
- 1 cup marinated artichoke hearts chopped, drained
- 1/4 cup fresh basil chopped
- 2/3 cup red bell pepper chopped sweet
- 1 cup grape tomatoes halved
- 3 green onions sliced
- 3 3/4 ounces sliced olives drained
- 2/3 cup crumbled feta cheese
- dressing
- 4 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice freshly squeezed
- 1 tablespoon red wine vinegar
- 1 garlic clove small, minced
- salt
- pepper

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 55 milligrams
4. Fat: 32 grams
5. Fiber: 3 grams
6. Protein: 41 grams
7. SaturatedFat: 8 grams
8. Sodium: 780 milligrams
9. Sugar: 4 grams

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