

Tuscan Tuna Salad

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/tuna-salad-recipe-with-italian-dressing>

Ingredients:

- 19 ounces cannellini or white kidney beans, rinsed and drained
- 2 1/4 ounces pitted olives sliced, drained
- 12 ounces tuna drained and flaked
- 1/2 cup Wish-Bone Light Italian Dressing
- 1 red bell pepper small, chopped

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 30 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 1 grams
8. Sodium: 530 milligrams
9. Sugar: 3 grams

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