

Baby Kale, White Bean, and Tuna Salad with Lemon

Yield: 2 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-baby-clam-salad-recipe>

Ingredients:

- 5 ounces kale package earthbound farm ready-to-use organic mixed baby, or 5 oz fresh garden kale
- 1 olive oil
- 15 ounces white beans
- 1/4 cup red onion finely diced
- 1 lemon large
- 1 tablespoon mayo
- 3 tablespoons olive oil
- black pepper fresh ground, to taste

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 5 milligrams
4. Fat: 30 grams
5. Fiber: 16 grams
6. Protein: 18 grams
7. SaturatedFat: 4 grams
8. Sodium: 100 milligrams
9. Sugar: 1 grams

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