GLOBAL · LUNCH · DINNER

Avocado and Tuna Salad

15 min · Serves 4 · 371 kcal a serve · Video 3:01 · The Cooking Foodie

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

No cooking and about 30 g protein per serve from the tuna, with avocado and olive oil for healthy fats, plenty of fibre and only around 7 g net carbs.

Diet notes: Low carb (7.5 g net carbs) but not keto: 55% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (3.2 g, 8% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve.

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Ingredients 10 · SERVES 4

- [ ] 3 cans (420 g) **tuna**, drained
- [ ] 2 large (or 3 small) **ripe avocados**, diced
- [ ] 1 large **cucumber**, diced
- [ ] 10–12 **cherry tomatoes**, halved (or 1 large tomato, diced)
- [ ] 1/2 **red onion**, thinly sliced
- [ ] 1/4 bunch **coriander** (cilantro), chopped
- [ ] 2 tbsp **olive oil**
- [ ] 3 tbsp **fresh lemon juice**
- [ ] **salt** to taste
- [ ] **black pepper** to taste

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain the tuna well and flake it into a large bowl. 0:27
2. Dice the avocados and cucumber, halve the cherry tomatoes, slice the onion thinly and chop the coriander. Add them all to the tuna. 0:47
3. Whisk the olive oil, lemon juice, salt and pepper in a small bowl. 2:07
4. Pour the dressing over the salad and toss gently so the avocado keeps its shape. Serve straight away. 2:25

> **Tip** Serves about 4 (estimated; the video doesn't say). Add the avocado just before serving if packing it for lunch so it doesn't brown. Tuna in olive oil works too, drained.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
371 kcal 1,550 kJ	30 g 60% of a day	15 g 7.5 g net · 4.1 g sugars 6% of a day
FIBRE	**FAT**	**SODIUM**
8 g 29% of a day	23 g 3.2 g saturated 29% of a day	660 mg 29% of a day

Energy from net carbs 8% · protein 34% · fat 58% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 135% · Vitamin B12 109% · Vitamin B6 42% · Vitamin K 39% · Omega-3 28% · Vitamin C 27% · Folate 26% · Vitamin E 25% · Potassium 21%

Source of (10–19%) Magnesium 18% · Zinc 16% · Iron 15%

Recipe and video: The Cooking Foodie (@TheCookingFoodie) on YouTube — youtube.com/watch?v=eUl2-L4gYsU, published 31 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-avocado-tuna-salad