

# Nicoise Potato Salad with Tuna

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## Servings: 4

8 small (about one pound) red potatoes  
1 can (6 ounce) tuna packed in water, drained  
12 asparagus spears, trimmed and steamed  
8 radishes, thinly sliced  
1/2 cup pitted kalamata olives  
2 tablespoons red onion, thinly sliced  
3 tablespoons red wine vinegar  
2 tablespoons fresh parsley, chopped  
4 teaspoons olive oil  
lettuce  
1/4 teaspoon salt  
freshly ground black pepper

Cut the potatoes into quarters and place in a large pot. Add enough water to cover. Bring to a boil. Cook until the potatoes are tender, about 10 minutes. Drain.

Arrange the potatoes on a platter with the tuna, asparagus, radishes, olives and onion.

Combine the vinegar, parsley and olive oil; whisk well. Drizzle over the salad. Sprinkle with salt and pepper.

Per Serving (excluding unknown items): 175 Calories; 5g Fat (23.6% calories from fat); 4g Protein; 31g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 147mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

## Salads

### Per Serving Nutritional Analysis

Calories (kcal):	175	Vitamin B6 (mg):	.4mg
% Calories from Fat:	23.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	67.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	87mcg
Saturated Fat (g):	1g	Niacin (mg):	3mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
		% Refuse:	0.0%

<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	31g
<b>Dietary Fiber (g):</b>	4g
<b>Protein (g):</b>	4g
<b>Sodium (mg):</b>	147mg
<b>Potassium (mg):</b>	996mg
<b>Calcium (mg):</b>	28mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	41mg
<b>Vitamin A (i.u.):</b>	378IU
<b>Vitamin A (r.e.):</b>	37 1/2RE

## Food Exchanges

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	175	Calories from Fat: 41
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### % Daily Values\*

<b>Total Fat</b>	5g	7%
Saturated Fat	1g	3%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	147mg	6%
<b>Total Carbohydrates</b>	31g	10%
Dietary Fiber	4g	15%
<b>Protein</b>	4g	
<b>Vitamin A</b>		8%
<b>Vitamin C</b>		68%
<b>Calcium</b>		3%
<b>Iron</b>		10%

\* Percent Daily Values are based on a 2000 calorie diet.