

## **Frade bean & Tuna Salad**



### **Ingredients:**

*550g of cooked cowpeas*

*255g canned tuna drained*

*1 onion, chopped*

*2 cloves garlic, minced*

*50 grams chopped parsley*

*3 boiled eggs*

*1/4 glass olive oil*

*1/4 glass of 6% vinegar*

*1 teaspoon of salt and pepper*

### **Method**

*In a bowl, combine the black-eyed beans, onion, garlic and parsley.*

*Wrap it well. Add the tuna.*

*Season with salt, pepper, oil and vinegar. Stir everything well.*

*Place in a serving dish and sprinkle the chopped eggs to taste over the salad.*

*Refrigerate until it becomes very cold.*

*At serving time, garnish to taste.*



### *Nutritional analysis in relation to GDA\**

#### INGREDIENTS

Chick peas (42%), Tuna (19%), Eggs (11%), Olive oil (9%), Vinegar (6%), Onions (6%), Parsley (4%), Garlic (2%), Salt, Pepper.

#### NUTRITION INFORMATION

Typical values	Per 100g	Per 327.0g Serving	Adult GDA	% GDA
<b>ENERGY</b>	722 kJ 173 kcal	2361 kJ 566 kcal	2000 kcal	28%
<b>PROTEIN</b>	9.4g	30.7g	45g	68%
<b>CARBOHYDRATE</b>	7.6g	24.9g	230g	11%
of which <b>SUGARS</b>	0.6g	2.1g	90g	2%
<b>FAT</b>	11.8g	38.6g	70g	55%
of which <b>SATURATES</b>	1.8g	6.0g	20g	30%
<b>FIBRE</b>	2.1g	6.7g	24g	28%
<b>SODIUM*</b>	0.3g	1.1g	2.4g	44%
*equivalent as <b>SALT</b>	0.8g	2.6g	6g	44%

\*GDA: Guideline Daily Amount