



## Caesar Tuna "Noodle" Salad

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 7.3 oz the salad betty suddenly salad®
- 9 oz peas sweet frozen
- 0.3 cup olive oil
- 0.3 cup salad dressing
- 2 tablespoons milk
- 0.5 cup celery sliced
- 0.3 cup spring onion thinly sliced
- 12 oz albacore tuna – sashimi grade drained canned

- 1 oz parmesan shredded
- 12 leaves the of 1 cos lettuce
- 1 optional: lemon cut into 8 wedges

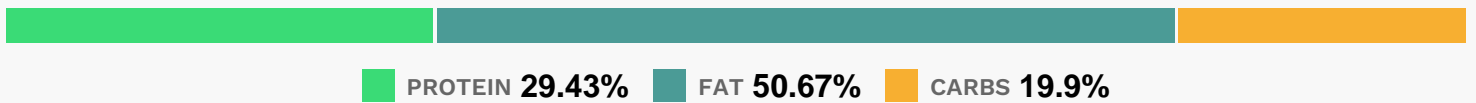
## Equipment

- bowl
- sauce pan

## Directions

- Fill 3-quart saucepan 2/3 full of water; heat to boiling.
- Add Pasta. Gently boil, uncovered, 12 minutes , stirring occasionally and adding peas during last 2 minutes of cooking.
- Drain. Rinse with cold water to cool; drain well.
- Meanwhile, in large bowl, combine Seasoning and Crouton Blend, oil, mayonnaise and milk. Stir in celery and green onions.
- Add tuna and cheese; mix well. Stir in cooked pasta.
- Cover; refrigerate about 1 hour or until chilled.
- Place 3 leaves lettuce on each of 4 plates. Divide salad evenly over lettuce; top each with 2 lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:49.71, Glycemic Load:3.25, Inflammation Score:-10, Nutrition Score:32.1643479803333%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.14mg,

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## **Nutrients (% of daily need)**

Calories: 381.5kcal (19.08%), Fat: 21.85g (33.62%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 12.79g (4.65%), Sugar: 7.61g (8.46%), Cholesterol: 41.44mg (13.81%), Sodium: 618.05mg (26.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.12%), Vitamin A: 8602.82IU (172.06%), Vitamin K: 137.18µg (130.64%), Selenium: 59.79µg (85.42%), Vitamin C: 56.73mg (68.76%), Folate: 188.43µg (47.11%), Phosphorus: 367.31mg (36.73%), Vitamin B3: 6.96mg (34.79%), Fiber: 6.52g (26.08%), Manganese: 0.52mg (26.04%), Vitamin B6: 0.45mg (22.54%), Vitamin E: 3.31mg (22.06%), Potassium: 770.64mg (22.02%), Magnesium: 76.08mg (19.02%), Vitamin B12: 1.12µg (18.68%), Iron: 3.35mg (18.63%), Vitamin B1: 0.28mg (18.61%), Calcium: 174.01mg (17.4%), Vitamin B2: 0.26mg (15%), Vitamin D: 1.82µg (12.13%), Zinc: 1.79mg (11.95%), Copper: 0.24mg (11.81%), Vitamin B5: 0.5mg (5%)