



## Caesar Tuna Salad in Pasta Shells

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 jumbo elbow pasta uncooked
- 12 ounces solid albacore tuna in water drained canned
- 1 cup cherry tomatoes cut into fourths
- 10 ounces green beans frozen cooked drained
- 0.3 cup olives ripe sliced
- 0.3 cup salad dressing
- 0.3 cup caesar dressing
- 1 Dash pepper

- 1 Leaf romaine leaves
- 2 hardboiled eggs chopped

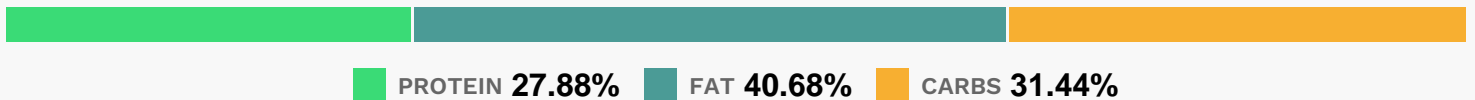
## Equipment

- bowl

## Directions

- Cook and drain pasta shells as directed on package. Rinse with cold water; drain.
- Mix tuna, tomatoes, green beans and olives in medium bowl.
- Mix mayonnaise, Caesar dressing and pepper; toss with tuna mixture.
- Spoon about 1/4 cup tuna mixture into each pasta shell. Arrange shells on lettuce leaves.
- Sprinkle with eggs.

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:11, Inflammation Score:-7, Nutrition Score:21.604347705841%

## Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 426.28kcal (21.31%), Fat: 19.17g (29.49%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 29.67g (10.79%), Sugar: 6.43g (7.15%), Cholesterol: 134.7mg (44.9%), Sodium: 861.04mg (37.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.11%), Selenium: 85.05µg (121.49%), Vitamin K: 57.6µg (54.85%), Phosphorus: 330.95mg (33.1%), Vitamin B3: 6.26mg (31.32%), Manganese: 0.52mg (26.12%), Vitamin B12: 1.28µg (21.28%), Vitamin C: 17.29mg (20.95%), Vitamin B6: 0.41mg (20.32%), Vitamin E: 2.96mg (19.75%), Vitamin A: 891.33IU (17.83%), Magnesium: 70.94mg (17.73%), Potassium: 557.31mg (15.92%), Vitamin B2: 0.27mg (15.84%), Iron: 2.78mg (15.44%), Vitamin D: 2.27µg (15.1%), Fiber: 3.65g (14.61%), Folate: 47.42µg (11.86%), Copper: 0.22mg (11.19%), Zinc: 1.38mg (9.17%), Vitamin B1: 0.13mg (8.71%), Vitamin B5: 0.82mg (8.16%), Calcium: 76.46mg (7.65%)