



Creamy Tuna Pasta Salad

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup banana squash chopped
- ☐ 15 ounce regular corn canned
- ☐ 15 ounce kidney beans drained and rinsed canned
- ☐ 12 ounce tuna drained canned
- ☐ 8 ounce seashell pasta
- ☐ 0.5 cup salad dressing italian-style
- ☐ 2 baby squash yellow chopped
- ☐ 1 zucchini chopped

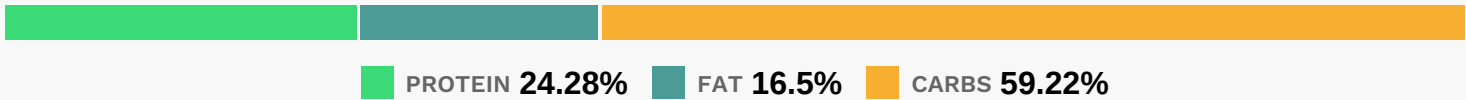
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente.
- ☐ Drain well.
- ☐ Place squash and zucchini in a medium saucepan with 2 cups of water. Bring to a boil and cook until tender, about 15 minutes.
- ☐ Drain and set aside.
- ☐ In a large bowl, combine pasta, squash, zucchini, kidney beans, corn and tuna.
- ☐ Mix well and chill for at least 30 minutes. After salad is chilled, stir in dressing and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:15.43, Inflammation Score:-7, Nutrition Score:20.744782758796%

Flavonoids

Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 367.41kcal (18.37%), Fat: 6.74g (10.37%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 54.41g (18.14%), Net Carbohydrates: 48.26g (17.55%), Sugar: 6.9g (7.67%), Cholesterol: 20.41mg (6.8%), Sodium: 622.17mg (27.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.61%), Selenium: 63.74µg (91.05%), Manganese: 0.8mg (39.87%), Vitamin B3: 7.71mg (38.55%), Phosphorus: 295.7mg (29.57%), Vitamin B6: 0.52mg (25.75%), Fiber: 6.16g (24.62%), Vitamin B12: 1.46µg (24.29%), Vitamin C: 19.99mg (24.23%), Potassium: 757.29mg (21.64%), Magnesium: 81.45mg (20.36%), Folate: 77.16µg (19.29%), Vitamin K: 17.49µg (16.66%), Iron: 2.94mg (16.31%), Copper: 0.32mg (16.19%), Vitamin B2: 0.26mg (15.1%), Vitamin B1: 0.19mg (12.64%), Zinc: 1.87mg (12.49%), Vitamin A: 367.51IU (7.35%), Calcium: 60.39mg (6.04%), Vitamin E: 0.8mg (5.34%), Vitamin B5: 0.52mg (5.25%), Vitamin D: 0.68µg

(4.54%)