



Crunchy Ranch Tuna Pasta

READY IN



20 min.

SERVINGS



5

CALORIES



205 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 box tuna
- 1 cup water hot
- 1.3 cups milk
- 10 oz tuna drained canned
- 0.3 cup ranch dressing
- 0.3 cup cream sour
- 2.8 oz bread canned

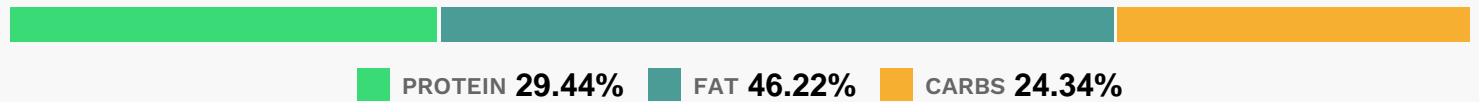
Equipment

frying pan

Directions

- In 10-inch skillet, stir together uncooked pasta and sauce mix (from Tuna Helper box), hot water, milk and tuna.
- Heat to boiling over high heat, stirring occasionally.
- Reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Stir in dressing and sour cream.
- Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:7.43, Inflammation Score:-4, Nutrition Score:11.990869490997%

Nutrients (% of daily need)

Calories: 205.36kcal (10.27%), Fat: 10.44g (16.06%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 12.02g (4.37%), Sugar: 4.62g (5.14%), Cholesterol: 37.71mg (12.57%), Sodium: 357.41mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.93%), Selenium: 45.12µg (64.46%), Vitamin B3: 6.49mg (32.45%), Vitamin B12: 1.84µg (30.6%), Phosphorus: 187.29mg (18.73%), Vitamin K: 16.66µg (15.87%), Vitamin B2: 0.23mg (13.43%), Vitamin B6: 0.24mg (12.23%), Vitamin B1: 0.17mg (11.2%), Calcium: 109.92mg (10.99%), Vitamin D: 1.37µg (9.11%), Iron: 1.62mg (8.97%), Magnesium: 27.71mg (6.93%), Potassium: 232.27mg (6.64%), Folate: 22.97µg (5.74%), Zinc: 0.85mg (5.69%), Manganese: 0.1mg (5.14%), Vitamin B5: 0.5mg (4.99%), Vitamin A: 207.46IU (4.15%), Vitamin E: 0.56mg (3.74%), Copper: 0.06mg (3.2%), Fiber: 0.35g (1.4%)