



Crunchy Ranch Tuna Pasta

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

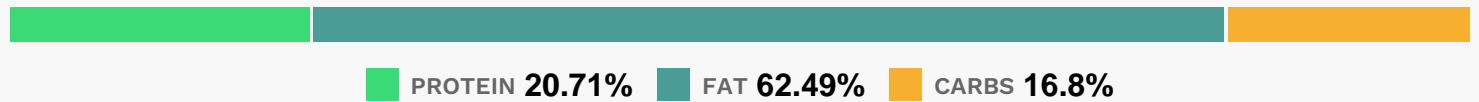
Equipment

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:7.6, Glycemic Load:1.08, Inflammation Score:-3, Nutrition Score:10.07782610603%

Nutrients (% of daily need)

Calories: 261.4kcal (13.07%), Fat: 17.77g (27.34%), Saturated Fat: 6.56g (41.01%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 10.75g (3.91%), Sugar: 3.89g (4.32%), Cholesterol: 37.71mg (12.57%), Sodium: 394.08mg (17.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.5%), Selenium: 40.58µg (57.97%), Vitamin B12: 1.84µg (30.6%), Vitamin B3: 5.73mg (28.63%), Phosphorus: 170.62mg (17.06%), Vitamin K: 16.55µg (15.76%), Vitamin B6: 0.23mg (11.38%), Calcium: 101.67mg (10.17%), Vitamin B2: 0.16mg (9.45%), Vitamin D: 1.37µg (9.11%), Potassium: 213.7mg (6.11%), Magnesium: 22.63mg (5.66%), Iron: 0.99mg (5.52%), Zinc: 0.69mg (4.59%), Vitamin B5: 0.45mg (4.46%), Vitamin A: 207.46IU (4.15%), Vitamin B1: 0.06mg (3.69%), Vitamin E: 0.53mg (3.52%), Copper: 0.04mg (1.99%)