



Grandma Wells' Tuna Macaroni Salad

READY IN



55 min.

SERVINGS



10

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce albacore tuna flaked drained canned
- 1 cup celery diced
- 1 cup cheddar cheese cubed
- 2.5 cups elbow macaroni
- 1 cup mayonnaise
- 10 ounce peas green frozen thawed
- 0.5 cup onion red chopped
- 2 tablespoons pickle sweet chopped

Equipment

bowl

pot

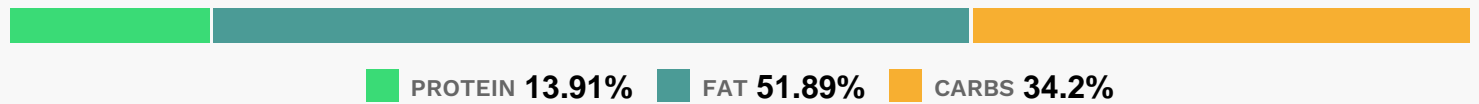
Directions

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.

Drain macaroni and cool under running water.

Place macaroni into a large salad bowl. Stir in mayonnaise, green peas, tuna, celery, Cheddar cheese, red onion, and chopped sweet pickle until thoroughly combined. Chill and serve.

Nutrition Facts



Properties

Glycemic Index:18.03, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:12.713913046795%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 380.31kcal (19.02%), Fat: 21.78g (33.51%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 29.23g (10.63%), Sugar: 3.72g (4.14%), Cholesterol: 27.85mg (9.28%), Sodium: 305.7mg (13.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.28%), Selenium: 37.6µg (53.71%), Vitamin K: 48.66µg (46.34%), Manganese: 0.47mg (23.29%), Phosphorus: 195.41mg (19.54%), Vitamin C: 12.27mg (14.87%), Fiber: 3.06g (12.25%), Vitamin B3: 2.22mg (11.12%), Calcium: 106.19mg (10.62%), Magnesium: 38.91mg (9.73%), Zinc: 1.41mg (9.37%), Copper: 0.17mg (8.66%), Folate: 33.75µg (8.44%), Vitamin A: 416.17IU (8.32%), Vitamin B6: 0.16mg (8.09%), Vitamin B1: 0.12mg (8.02%), Vitamin B2: 0.13mg (7.58%), Vitamin E: 1.08mg (7.19%), Potassium: 241.61mg (6.9%), Iron: 1.15mg (6.37%), Vitamin B12: 0.35µg (5.76%), Vitamin B5: 0.32mg (3.23%), Vitamin D: 0.45µg (3.02%)