



Hot pasta salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g penne pasta
- ☐ 4 tbsp mayonnaise
- ☐ 0.5 juice of lemon
- ☐ 200 g tuna in olive oil canned
- ☐ 2 slices bell pepper red deseeded
- ☐ 1 onion red halved finely sliced
- ☐ 1 large handful arugula

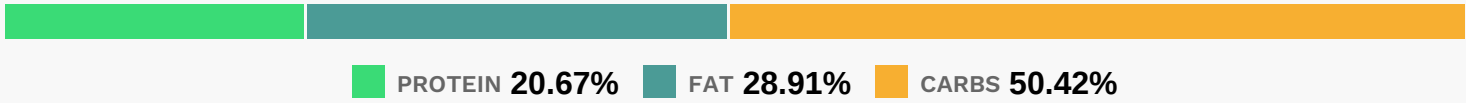
Equipment

☐ bowl

Directions

- ☐ Cook pasta according to pack instructions. Meanwhile, tip the mayonnaise, lemon juice and 1 tbsp of the tuna oil into a large bowl and mix.
- ☐ Drain the rest of the oil from the tuna, then flake the fish into the bowl and mix well.
- ☐ Drain the pasta and toss it with the mayonnaise mixture, peppers and onions. Scatter over the rocket just before serving.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:23.73, Inflammation Score:-9, Nutrition Score:24.474347881649%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 496.13kcal (24.81%), Fat: 15.77g (24.26%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 61.86g (20.62%), Net Carbohydrates: 57.94g (21.07%), Sugar: 5.38g (5.97%), Cholesterol: 14.8mg (4.93%), Sodium: 304.46mg (13.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.73%), Selenium: 85.92µg (122.74%), Vitamin C: 63.12mg (76.5%), Vitamin K: 52.38µg (49.89%), Manganese: 0.8mg (39.99%), Vitamin B3: 7.98mg (39.88%), Phosphorus: 322.98mg (32.3%), Vitamin A: 1607.16IU (32.14%), Vitamin D: 3.38µg (22.52%), Vitamin B12: 1.12µg (18.61%), Vitamin B6: 0.33mg (16.74%), Magnesium: 66.23mg (16.56%), Fiber: 3.92g (15.7%), Copper: 0.28mg (13.89%), Potassium: 433.03mg (12.37%), Folate: 48.67µg (12.17%), Vitamin E: 1.73mg (11.53%), Zinc: 1.72mg (11.44%), Iron: 2.03mg (11.28%), Vitamin B2: 0.16mg (9.35%), Vitamin B1: 0.13mg (8.56%), Vitamin B5: 0.74mg (7.38%), Calcium: 41.12mg (4.11%)