



## Low-Fat Summertime Tuna Pasta Salad

READY IN



205 min.

SERVINGS



25

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup broccoli florets
- 2 carrots chopped
- 2 stalks celery sliced
- 2 cups farfalle pasta cooked drained (bow-tie pasta)
- 1 tsp dill weed
- 0.8 cup miracle whip free dressing
- 0.5 tsp pepper
- 5 oz tuna in water white flaked drained canned

# Equipment

bowl

# Directions

- Mix dressing, dill weed and pepper in large bowl.
- Add remaining ingredients; mix lightly.
- Refrigerate several hours or until chilled.

# Nutrition Facts



# Properties

Glycemic Index:8.25, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:2.6430434558703%

# Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

# Nutrients (% of daily need)

Calories: 28.34kcal (1.42%), Fat: 0.37g (0.57%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.98g (1.45%), Sugar: 1.17g (1.3%), Cholesterol: 2.73mg (0.91%), Sodium: 79.92mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Vitamin A: 861.34IU (17.23%), Selenium: 6.13µg (8.76%), Vitamin K: 5.37µg (5.12%), Vitamin C: 3.64mg (4.41%), Vitamin B3: 0.68mg (3.39%), Manganese: 0.05mg (2.53%), Vitamin B12: 0.15µg (2.43%), Fiber: 0.59g (2.35%), Vitamin B6: 0.04mg (1.89%), Phosphorus: 17.87mg (1.79%), Potassium: 53.35mg (1.52%), Iron: 0.26mg (1.45%), Folate: 5.19µg (1.3%), Magnesium: 4.56mg (1.14%)