



## Mom's Seafood Pasta Salad for a Crowd

 Dairy Free

READY IN



205 min.

SERVINGS



16

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 stalks celery chopped
- 16 ounce dressing french
- 4 green onions chopped
- 0.5 cup mayonnaise
- 32 ounce shells dried
- 12 ounce tiny shrimp drained canned
- 16 ounce thousand island dressing
- 12 ounce water tuna packed flaked drained canned

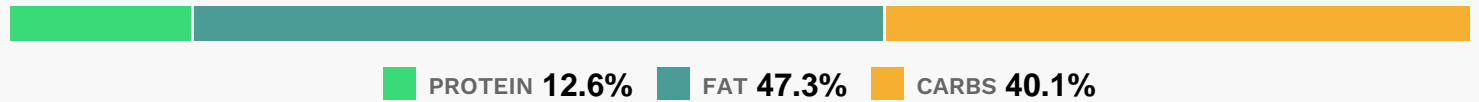
# Equipment

- bowl
- pot

# Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a large bowl, toss together cooked pasta, celery and green onions.
- Mix in French dressing, thousand island dressing and mayonnaise. Fold in tuna and shrimp. Cover and chill in the refrigerator at least 3 hours.

# Nutrition Facts



# Properties

Glycemic Index:9.75, Glycemic Load:17.13, Inflammation Score:-4, Nutrition Score:16.09652164708%

# Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

# Nutrients (% of daily need)

Calories: 523.75kcal (26.19%), Fat: 27.46g (42.24%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 49.42g (17.97%), Sugar: 11g (12.22%), Cholesterol: 52.2mg (17.4%), Sodium: 588.31mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.91%), Selenium: 50.89µg (72.71%), Vitamin K: 74.54µg (70.99%), Vitamin B1: 0.48mg (32.06%), Manganese: 0.56mg (28.19%), Phosphorus: 201.51mg (20.15%), Vitamin E: 2.96mg (19.71%), Vitamin B3: 3.31mg (16.53%), Copper: 0.27mg (13.51%), Magnesium: 48.4mg (12.1%), Fiber: 2.96g (11.84%), Vitamin B12: 0.59µg (9.91%), Iron: 1.71mg (9.48%), Zinc: 1.37mg (9.12%), Potassium: 316.62mg (9.05%), Vitamin B6: 0.17mg (8.53%), Vitamin A: 282.84IU (5.66%), Vitamin B2: 0.1mg (5.6%), Calcium: 48.54mg (4.85%), Folate: 16.93µg (4.23%), Vitamin B5: 0.31mg (3.15%), Vitamin D: 0.27µg (1.79%), Vitamin C: 0.87mg (1.06%)