



Niçoise Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup olives black pitted chopped
- ☐ 12 oz tuna packed in water, drained canned
- ☐ 1 tablespoon capers drained
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 0.5 pound green beans trimmed
- ☐ 6 tablespoons olive oil
- ☐ 1 pound penne pasta

- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt

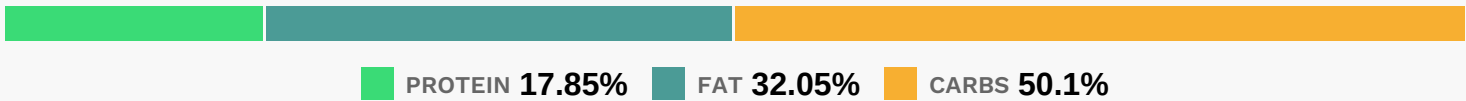
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to boil over high heat.
- ☐ Add pasta and cook until almost tender, about 8 minutes.
- ☐ Add green beans to pot and continue to boil until beans and pasta are both tender, about 2 minutes longer.
- ☐ Drain, reserving 1/4 cup cooking water. Run pasta and beans under cold water and drain again. Set pasta and green beans aside.
- ☐ In a large bowl, whisk together oil, vinegar and salt. Stir in tuna, tomatoes, olives, parsley and capers.
- ☐ Add pasta and green beans to bowl. Stir, adding reserved cooking water to moisten as necessary, and serve.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:23.46, Inflammation Score:-7, Nutrition Score:22.149130282195%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 493.91kcal (24.7%), Fat: 17.56g (27.02%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 61.78g (20.59%), Net Carbohydrates: 57.5g (20.91%), Sugar: 4.57g (5.08%), Cholesterol: 20.41mg (6.8%), Sodium: 447.63mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.03%), Selenium: 86.82µg (124.02%), Vitamin K: 67.75µg (64.52%), Manganese: 0.84mg (42.21%), Vitamin B3: 7.52mg (37.6%), Phosphorus: 251.06mg (25.11%), Vitamin B12: 1.46µg (24.29%), Vitamin C: 19.33mg (23.43%), Vitamin E: 3.18mg (21.19%), Vitamin B6: 0.39mg (19.37%), Magnesium: 70.06mg (17.51%), Fiber: 4.28g (17.14%), Copper: 0.33mg (16.58%), Iron: 2.98mg (16.55%), Vitamin A: 792.66IU (15.85%), Potassium: 476.65mg (13.62%), Zinc: 1.64mg (10.91%), Folate: 39.25µg (9.81%), Vitamin B1: 0.14mg (9.25%), Vitamin B2: 0.15mg (8.66%), Vitamin B5: 0.57mg (5.72%), Calcium: 55.71mg (5.57%), Vitamin D: 0.68µg (4.54%)