



Pasta and Tuna Salad (Ensalada de Pasta y Atún)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bowtie pasta (Farfalle)
- ☐ 1 cup carrots fresh diced cooked
- ☐ 0.5 cup celery diced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup peas fresh cooked
- ☐ 6 servings salt and ground pepper fresh
- ☐ 1 juice of lime

- ☐ 1 cup mayonnaise
- ☐ 24 oz tuna white packed in water canned
- ☐ 0.5 cup onion white finely chopped

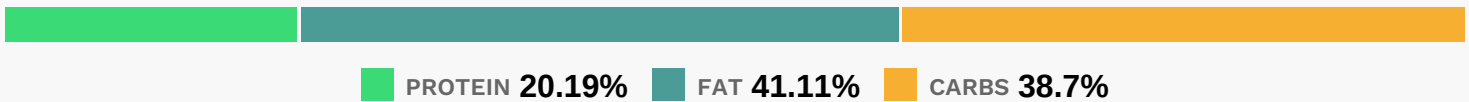
Equipment

- ☐ bowl

Directions

- ☐ Boil the pasta in salted water until al dente and drain well.
- ☐ Mix all the ingredients in a large bowl and refrigerate until ready to serve.I would like to thank Nora at “NORA THE KITCHEN ‘SPLOREDER” for the Honest Scrap award.

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:24.72, Inflammation Score:-10, Nutrition Score:28.990869480631%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 672.63kcal (33.63%), Fat: 30.32g (46.64%), Saturated Fat: 4.86g (30.41%), Carbohydrates: 64.22g (21.41%), Net Carbohydrates: 59.42g (21.61%), Sugar: 5.38g (5.98%), Cholesterol: 56.5mg (18.83%), Sodium: 707.34mg (30.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.02%), Selenium: 126.09µg (180.13%), Vitamin A: 3923.27IU (78.47%), Vitamin K: 74.58µg (71.03%), Vitamin B3: 13.31mg (66.53%), Vitamin B12: 2.96µg (49.32%), Manganese: 0.88mg (43.85%), Phosphorus: 346.55mg (34.66%), Vitamin B6: 0.57mg (28.43%), Magnesium: 79.89mg (19.97%), Fiber: 4.79g (19.18%), Iron: 3.44mg (19.09%), Copper: 0.34mg (17.16%), Vitamin C: 13.85mg (16.79%), Potassium: 553.58mg (15.82%), Zinc: 2.26mg (15.08%), Vitamin B1: 0.19mg (12.92%), Vitamin E: 1.91mg (12.71%), Vitamin B2: 0.2mg (11.76%), Folate: 46.25µg (11.56%), Vitamin D: 1.44µg (9.57%), Vitamin B5: 0.69mg

(6.88%), Calcium: 60.06mg (6.01%)