



## Pasta Salad Niçoise

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2.3 oz olives black ripe drained sliced canned
- 0.5 pound green beans fresh trimmed
- 1 cup grape tomatoes halved
- 16 oz dressing italian divided
- 10 oz salad greens mixed
- 0.5 teaspoon pepper freshly ground
- 0.5 bell pepper red cut into thin strips
- 0.3 cup onion red thinly sliced

12 oz solid tuna in water white flaked drained canned

12 oz no yolks dumplings

## Equipment

bowl

## Directions

Cook dumplings according to package directions, adding green beans during last 3 minutes of cooking.

Drain and rinse with cold water.

Toss noodle mixture with 1 1/2 cups dressing in a large bowl; stir in tuna and next 5 ingredients. Cover and chill at least 2 hours or up to 24 hours.

Place salad greens on a large serving platter; top with noodle mixture.

Serve with remaining dressing.

## Nutrition Facts

 **PROTEIN 20.4%**  **FAT 64.59%**  **CARBS 15.01%**

## Properties

Glycemic Index:17.5, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:15.80347807511%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 288.85kcal (14.44%), Fat: 20.7g (31.84%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 9.6g (3.49%), Sugar: 6.68g (7.42%), Cholesterol: 381.7mg (127.23%), Sodium: 704.4mg (30.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.42%), Selenium: 42.65µg (60.92%), Vitamin K: 37.98µg (36.17%), Vitamin A: 1328.34IU (26.57%), Phosphorus: 239.67mg (23.97%), Vitamin C: 19.48mg (23.61%), Folate: 74.26µg (18.57%), Vitamin E: 2.67mg (17.82%), Vitamin B12: 1.06µg (17.69%), Vitamin D: 2.52µg (16.78%), Vitamin B6: 0.31mg (15.64%), Vitamin B2: 0.24mg (14.23%), Vitamin B3: 2.53mg (12.65%), Vitamin B5: 1.18mg

(11.84%), Iron: 1.9mg (10.58%), Potassium: 310.14mg (8.86%), Manganese: 0.17mg (8.57%), Zinc: 1.14mg (7.61%), Vitamin B1: 0.11mg (7.39%), Calcium: 73.21mg (7.32%), Magnesium: 27.61mg (6.9%), Copper: 0.1mg (4.91%), Fiber: 1.22g (4.88%)