



Pasta Salad with Tuna, Olives and Parsley

 Dairy Free  Very Healthy

READY IN



27 min.

SERVINGS



6

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup olives black pitted chopped
- ☐ 1 pint cherry tomatoes halved
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 pound curly pasta such as fusilli
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 12 oz oil-packed tuna light chunk flaked drained canned
- ☐ 0.5 cup olive oil

- ☐ 0.5 small onion red sliced
- ☐ 6 servings salt and pepper

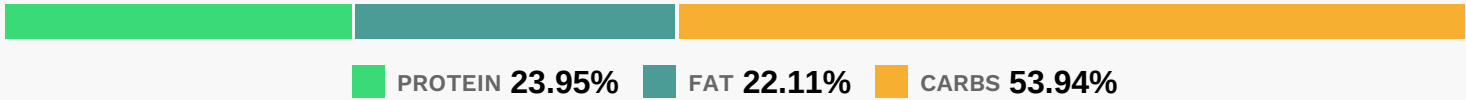
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a pot of salted water to boil.
- ☐ Add pasta and cook until tender, about 12 minutes, or as package label directs.
- ☐ In a bowl, whisk oil, lemon zest and juice and 1/2 tsp. salt.
- ☐ Drain pasta; add to bowl with dressing.
- ☐ Add tomatoes, tuna, olives, onion and parsley and toss well.
- ☐ Let cool to room temperature, season with salt and pepper, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:22.91, Inflammation Score:-7, Nutrition Score:23.004782821821%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 461.95kcal (23.1%), Fat: 11.26g (17.32%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 61.79g (20.6%), Net Carbohydrates: 58.16g (21.15%), Sugar: 4.72g (5.24%), Cholesterol: 10.21mg (3.4%), Sodium: 620.32mg (26.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.87%), Selenium: 91.43µg (130.61%), Vitamin K: 70.59µg (67.23%), Vitamin B3: 8.82mg (44.08%), Manganese: 0.8mg (40.1%), Phosphorus: 346.69mg (34.67%), Vitamin C: 26.13mg (31.68%), Vitamin D: 3.8µg (25.33%), Vitamin B12: 1.25µg (20.79%), Magnesium: 68.79mg (17.2%), Copper: 0.34mg (17.03%), Fiber: 3.63g (14.52%), Potassium: 500.65mg (14.3%), Iron: 2.57mg (14.27%), Vitamin A: 684.99IU (13.7%), Vitamin E: 2mg (13.34%), Vitamin B6: 0.25mg (12.69%), Zinc: 1.74mg (11.6%), Folate: 34.63µg (8.66%), Vitamin B1: 0.13mg (8.62%), Vitamin B2: 0.14mg (8.12%), Vitamin B5: 0.68mg (6.75%), Calcium: 44.32mg (4.43%)