



## Picnic-Perfect Tuna-and-Macaroni Salad

READY IN



22 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 carrots grated
- 3 ribs celery finely chopped
- 1 tablespoon cider vinegar
- 1 pound elbow macaroni
- 0.5 cup parsley fresh finely chopped
- 0.5 cup mayonnaise reduced-fat
- 0.3 cup yogurt plain low-fat
- 0.5 cup onion diced red finely
- 8 servings salt and pepper

12 oz tuna in water drained canned

## Equipment

bowl

whisk

pot

## Directions

Bring a large pot of salted water to a boil.

Add macaroni and cook according to package instructions until al dente.

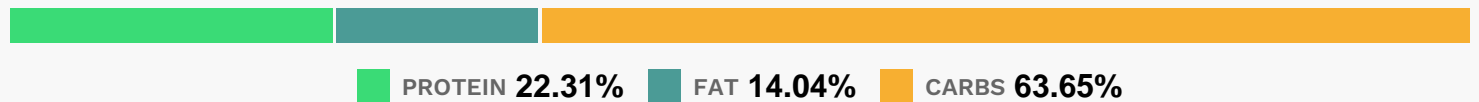
Drain, rinse with cold water and drain again.

While pasta is cooking, combine celery, onion, parsley, carrot and tuna in a large bowl.

Add cooled macaroni and toss to combine. In a small bowl, whisk mayonnaise, yogurt and vinegar. Season with salt and pepper and whisk.

Pour over pasta and toss until well coated. Cover and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:22.23, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:17.778695666272%

## Flavonoids

Apigenin: 8.51mg, Apigenin: 8.51mg, Apigenin: 8.51mg, Apigenin: 8.51mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

## Nutrients (% of daily need)

Calories: 297.74kcal (14.89%), Fat: 4.57g (7.02%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 44.01g (16%), Sugar: 3.58g (3.97%), Cholesterol: 18.01mg (6%), Sodium: 431.31mg (18.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.65%), Selenium: 65.41µg (93.44%), Vitamin K: 74.62µg (71.06%), Vitamin A: 1695.23IU (33.9%), Manganese: 0.58mg (28.99%), Vitamin B3: 5.38mg (26.88%),

Phosphorus: 190.04mg (19%), Vitamin B12: 1.14µg (18.93%), Vitamin B6: 0.26mg (12.88%), Magnesium: 46.95mg (11.74%), Copper: 0.21mg (10.32%), Fiber: 2.56g (10.25%), Iron: 1.78mg (9.92%), Potassium: 323.72mg (9.25%), Zinc: 1.25mg (8.36%), Vitamin C: 6.7mg (8.13%), Folate: 27.76µg (6.94%), Vitamin B2: 0.1mg (6.15%), Vitamin B1: 0.08mg (5.62%), Calcium: 50.65mg (5.07%), Vitamin B5: 0.45mg (4.46%), Vitamin E: 0.63mg (4.22%), Vitamin D: 0.51µg (3.4%)