



Poor Man's Shrimp

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce tuna flaked drained canned
- ☐ 1 stalk celery diced
- ☐ 2 tablespoons bell pepper diced green
- ☐ 1 tablespoon onion diced
- ☐ 8 ounce seashell pasta
- ☐ 0.7 cup creamy salad dressing

Equipment

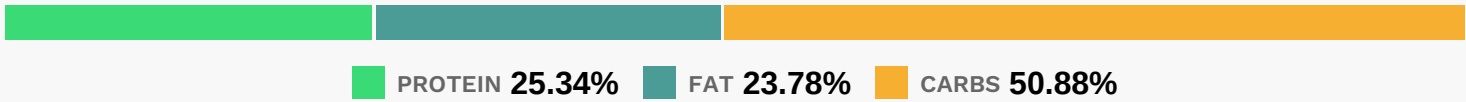
- ☐ bowl

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add shell macaroni and cook for 8 to 10 minutes or until al dente; drain and rinse with cool water.
- ☐ In a medium bowl, mix together the tuna, celery, green bell pepper, onion and creamy salad dressing.
- ☐ Stuff the shell macaroni with the tuna mixture.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:11.42, Inflammation Score:-3, Nutrition Score:12.38391295205%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 256.15kcal (12.81%), Fat: 6.63g (10.2%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 30.53g (11.1%), Sugar: 4.06g (4.52%), Cholesterol: 20.41mg (6.8%), Sodium: 391.22mg (17.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.8%), Selenium: 62.89µg (89.84%), Vitamin B3: 6.34mg (31.7%), Vitamin B12: 1.46µg (24.29%), Manganese: 0.38mg (18.91%), Vitamin K: 16.96µg (16.16%), Phosphorus: 155.74mg (15.57%), Vitamin B6: 0.27mg (13.29%), Magnesium: 35.59mg (8.9%), Iron: 1.53mg (8.52%), Copper: 0.15mg (7.32%), Potassium: 231.21mg (6.61%), Zinc: 0.94mg (6.27%), Fiber: 1.4g (5.59%), Vitamin E: 0.83mg (5.54%), Vitamin D: 0.68µg (4.54%), Vitamin B2: 0.07mg (4.37%), Vitamin B1: 0.06mg (4.01%), Vitamin C: 2.93mg (3.55%), Folate: 12.1µg (3.02%), Vitamin B5: 0.27mg (2.68%), Calcium: 24.9mg (2.49%), Vitamin A: 83.16IU (1.66%)