



Summertime Tuna Pasta Salad

READY IN



205 min.

SERVINGS



25

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli florets
- 1 cup carrots chopped
- 1 cup celery sliced
- 2 cups bow tie pasta cooked
- 1 tsp dill weed
- 0.8 cup miracle whip dressing
- 0.5 tsp pepper
- 6 oz tuna in water white flaked drained canned

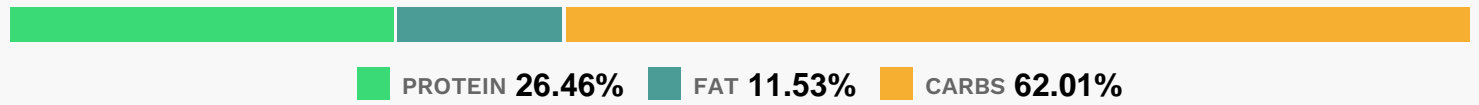
Equipment

bowl

Directions

- Mix dressing, dill weed and pepper in large bowl.
- Add remaining ingredients; mix lightly. Cover.
- Refrigerate several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:1.39, Inflammation Score:-6, Nutrition Score:2.8560869849246%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 29.57kcal (1.48%), Fat: 0.38g (0.59%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.19g (1.33%), Cholesterol: 3.14mg (1.05%), Sodium: 83.24mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin A: 905.85IU (18.12%), Selenium: 6.9µg (9.86%), Vitamin K: 5.65µg (5.38%), Vitamin C: 3.68mg (4.46%), Vitamin B3: 0.79mg (3.97%), Vitamin B12: 0.17µg (2.91%), Manganese: 0.05mg (2.61%), Fiber: 0.61g (2.43%), Vitamin B6: 0.04mg (2.12%), Phosphorus: 19.71mg (1.97%), Potassium: 58.3mg (1.67%), Iron: 0.28mg (1.57%), Folate: 5.58µg (1.4%), Magnesium: 4.94mg (1.24%)