



Tangy Tuna Macaroni Salad

READY IN



195 min.

SERVINGS



15

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz tuna flaked drained canned
- 1 cup celery sliced
- 7 oz elbow macaroni cooked drained
- 0.3 cup green onions sliced
- 0.3 cup pasilla peppers green chopped
- 0.8 cup miracle whip dressing light
- 2 Tbsp pimentos chopped
- 0.1 tsp each: salt and pepper black

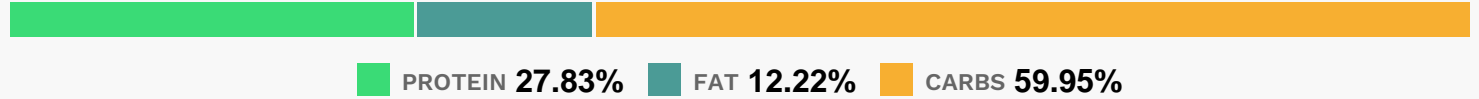
Equipment

Directions

Mix all ingredients until well blended; cover.

Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:11.24, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:2.8252174310062%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 44.24kcal (2.21%), Fat: 0.6g (0.92%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.89g (2.14%), Sugar: 1.63g (1.81%), Cholesterol: 5.23mg (1.74%), Sodium: 150.82mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Selenium: 11.22µg (16.03%), Vitamin B3: 1.23mg (6.16%), Vitamin K: 5.79µg (5.52%), Vitamin C: 4.18mg (5.07%), Vitamin B12: 0.29µg (4.86%), Manganese: 0.06mg (2.95%), Vitamin B6: 0.06mg (2.93%), Fiber: 0.71g (2.84%), Phosphorus: 26.91mg (2.69%), Vitamin A: 113.78IU (2.28%), Iron: 0.35mg (1.95%), Potassium: 61.57mg (1.76%), Magnesium: 6.42mg (1.61%), Folate: 5.23µg (1.31%), Copper: 0.03mg (1.25%), Vitamin B2: 0.02mg (1.12%), Zinc: 0.16mg (1.1%)