



Tortellini Tuna Salad

READY IN



200 min.

SERVINGS



20

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 oz tuna flaked drained canned
- 0.3 cup miracle whip dressing kraft
- 0.5 cup peas frozen thawed
- 0.3 cup onions red finely chopped
- 0.5 cup pasilla peppers red chopped
- 9 oz cheese tortellini refrigerated cooked
- 0.3 cup tuscan house dressing italian kraft

Equipment

Directions

- Combine ingredients.
- Refrigerate several hours.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:2.75, Inflammation Score:-2, Nutrition Score:2.1417391339074%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 60.49kcal (3.02%), Fat: 1.88g (2.9%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.46g (2.35%), Sugar: 1.45g (1.61%), Cholesterol: 7.69mg (2.56%), Sodium: 125.59mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Vitamin C: 6.38mg (7.73%), Selenium: 4.94µg (7.06%), Vitamin B3: 0.82mg (4.11%), Fiber: 0.86g (3.46%), Vitamin B12: 0.18µg (3.04%), Vitamin A: 151.7IU (3.03%), Iron: 0.53mg (2.94%), Vitamin K: 2.75µg (2.62%), Vitamin B6: 0.04mg (2.2%), Calcium: 21.53mg (2.15%), Phosphorus: 15.77mg (1.58%), Manganese: 0.02mg (1.19%), Folate: 4.73µg (1.18%), Potassium: 36.13mg (1.03%), Vitamin B1: 0.02mg (1.02%), Vitamin E: 0.15mg (1.01%)