



Tuna-and-Green Bean Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce albacore tuna in water flaked drained canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons capers
- ☐ 4 cups gemelli cooked uncooked (2 cups short twisted pasta)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 2 cups green beans and pan-roasted red onions
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

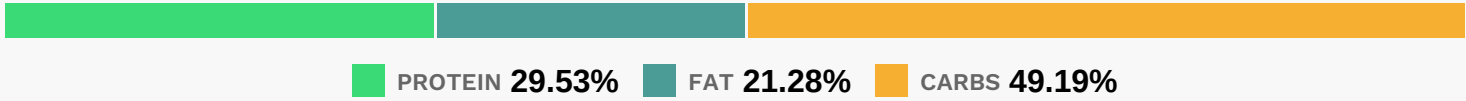
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut beans into 1-inch pieces.
- ☐ Combine juice and next 5 ingredients (juice through garlic powder) in a large bowl; stir well with a whisk.
- ☐ Add Green Beans and Pan-Roasted Red Onions, pasta, and remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:13.92, Inflammation Score:-6, Nutrition Score:17.151739006457%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 316.54kcal (15.83%), Fat: 7.44g (11.44%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 32.7g (11.89%), Sugar: 0.92g (1.02%), Cholesterol: 23.81mg (7.94%), Sodium: 369.89mg (16.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.45%), Selenium: 58.7µg (83.85%), Vitamin K: 50.81µg (48.39%), Manganese: 0.56mg (28.14%), Phosphorus: 255.1mg (25.51%), Fiber: 5.98g (23.92%), Folate:

89.65µg (22.41%), Vitamin B3: 4mg (19.99%), Iron: 3.52mg (19.57%), Magnesium: 62.12mg (15.53%), Copper: 0.26mg (12.92%), Potassium: 433.65mg (12.39%), Vitamin B6: 0.24mg (12.04%), Vitamin B12: 0.66µg (11.06%), Vitamin C: 8.05mg (9.76%), Zinc: 1.34mg (8.97%), Vitamin E: 1.27mg (8.48%), Vitamin B1: 0.12mg (7.99%), Vitamin D: 1.13µg (7.56%), Vitamin B2: 0.08mg (4.81%), Vitamin A: 225.77IU (4.52%), Calcium: 35.48mg (3.55%), Vitamin B5: 0.31mg (3.13%)