



Tuna and Olive Pasta Salad

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup kalamata olives pitted
- ☐ 6 ounce oil-packed tuna drained canned
- ☐ 0.3 cup pesto store-bought
- ☐ 8 ounces penne pasta whole-wheat ()

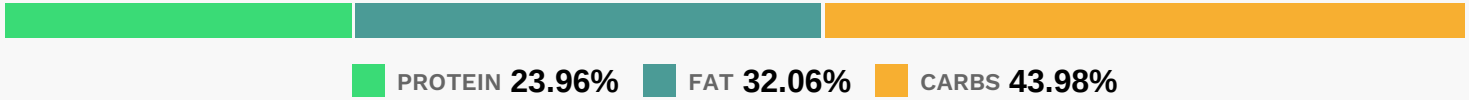
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐
- Cook pasta according to package directions in salted water; reserve 1/4 cup pasta water.
- ☐
- Drain pasta, run under cold water, and return to pot.
- ☐
- In a bowl, whisk together pesto and 2 tablespoons reserved pasta water; toss with pasta, tuna, olives, and 1/4 teaspoon freshly ground black pepper in pot. Chill, if desired; serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:8.547391279884%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 345.79kcal (17.29%), Fat: 11.93g (18.36%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 32.22g (11.72%), Sugar: 1.73g (1.92%), Cholesterol: 8.89mg (2.96%), Sodium: 453.45mg (19.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.13%), Selenium: 32.39µg (46.28%), Vitamin B3: 5.29mg (26.47%), Vitamin D: 2.85µg (18.99%), Fiber: 4.61g (18.44%), Vitamin K: 18.83µg (17.93%), Vitamin B12: 0.94µg (15.59%), Phosphorus: 132.59mg (13.26%), Vitamin A: 378.38IU (7.57%), Vitamin E: 0.69mg (4.61%), Iron: 0.72mg (4.01%), Magnesium: 14.11mg (3.53%), Calcium: 34.87mg (3.49%), Vitamin B2: 0.05mg (3.04%), Potassium: 91.57mg (2.62%), Zinc: 0.39mg (2.57%), Vitamin B6: 0.05mg (2.47%), Copper: 0.04mg (2.02%), Vitamin B5: 0.16mg (1.59%), Vitamin B1: 0.02mg (1.2%)