



Tuna-Fennel Pasta Salad

 Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small fennel bulb with stalks
- ☐ 1.5 cups fuji apple sliced
- ☐ 1 optional: lemon
- ☐ 8 ounces penne pasta (tube-shaped uncooked)
- ☐ 7.8 ounce solid albacore tuna in water white packed in oil (such as ortiz)

Equipment

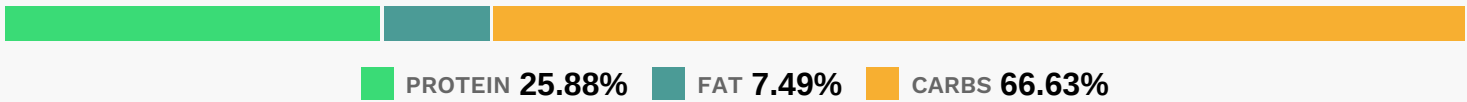
- ☐ bowl
- ☐ whisk

☐ colander

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a large colander over a bowl, reserving 1/2 cup cooking liquid. Rinse pasta under cold water; drain.
- ☐ Drain tuna, reserving 2 tablespoons oil. Grate 2 teaspoons rind from lemon; squeeze 3 tablespoons juice.
- ☐ Combine reserved oil, rind, and juice in a large bowl; stir with a whisk.
- ☐ Add pasta to oil mixture, tossing to coat. Fold in tuna and apple.
- ☐ Remove fronds from fennel bulb; finely chop fronds to measure 3 tablespoons.
- ☐ Remove and discard stalks. Thinly slice fennel bulb. Stir fronds and sliced fennel into pasta mixture.
- ☐ Add reserved pasta liquid and 1/2 teaspoon salt, tossing to coat pasta salad evenly.
- ☐ Sustainable Choice: Industry label regulations require solid white tuna to be from the albacore variety.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:20.28, Inflammation Score:-5, Nutrition Score:17.604782633159%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 331.45kcal (16.57%), Fat: 2.78g (4.27%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 50.08g (18.21%), Sugar: 9.36g (10.4%), Cholesterol: 23.22mg (7.74%), Sodium: 243.24mg (10.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.19%), Selenium: 72.67µg (103.82%), Vitamin K: 39.21µg (37.34%), Manganese: 0.67mg (33.33%), Vitamin C: 23.49mg (28.47%), Phosphorus: 265.85mg (26.58%), Vitamin B3: 4.61mg (23.07%), Fiber: 5.51g (22.04%), Potassium: 587.06mg (16.77%), Magnesium: 62.74mg (15.69%), Vitamin B6: 0.27mg (13.44%), Copper: 0.25mg (12.33%), Vitamin B12: 0.65µg (10.78%), Iron: 1.92mg (10.66%), Zinc: 1.22mg (8.11%), Folate: 31.48µg (7.87%), Vitamin D: 1.11µg (7.37%), Vitamin E: 1mg (6.64%), Calcium: 58.14mg (5.81%), Vitamin B2: 0.09mg (5.57%), Vitamin B1: 0.08mg (5.34%), Vitamin B5: 0.53mg (5.29%), Vitamin A: 120.7IU (2.41%)