



Tuna-Macaroni Salad

READY IN



80 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7 oz elbow macaroni
- ☐ 0.5 cup peas green frozen thawed
- ☐ 10 oz tuna drained canned
- ☐ 1 cup salad dressing
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.3 cup pickle relish sweet
- ☐ 2 teaspoons juice of lemon
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup onion chopped

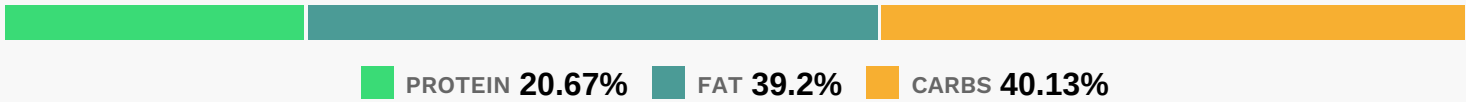
Equipment

- ☐ bowl

Directions

- ☐ Cook macaroni as directed on package, adding peas for last 4 to 6 minutes of cooking; rinse with cold water and drain.
- ☐ In large bowl, mix macaroni, peas and remaining ingredients. Cover and refrigerate at least 1 hour to blend flavors.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:0.78, Inflammation Score:-5, Nutrition Score:15.549130533053%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 363.82kcal (18.19%), Fat: 15.76g (24.24%), Saturated Fat: 5g (31.27%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 34.17g (12.42%), Sugar: 9.27g (10.3%), Cholesterol: 35.91mg (11.97%), Sodium: 999.1mg (43.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.39%), Selenium: 59.36µg (84.8%), Vitamin K: 36.69µg (34.95%), Vitamin B3: 5.62mg (28.12%), Phosphorus: 238.38mg (23.84%), Vitamin B12: 1.41µg (23.58%), Manganese: 0.41mg (20.31%), Calcium: 163.04mg (16.3%), Vitamin B6: 0.27mg (13.67%), Zinc: 1.69mg (11.25%), Magnesium: 41.8mg (10.45%), Vitamin B2: 0.17mg (9.9%), Vitamin A: 485.66IU (9.71%), Iron: 1.66mg (9.22%), Vitamin E: 1.29mg (8.63%), Fiber: 2.13g (8.53%), Copper: 0.17mg (8.45%), Vitamin C: 6.49mg (7.87%), Potassium: 270.9mg (7.74%), Vitamin B1: 0.09mg (6.31%), Folate: 24.41µg (6.1%), Vitamin D: 0.68µg (4.54%), Vitamin B5: 0.34mg (3.36%)