



Tuna-Macaroni Salad

READY IN



80 min.

SERVINGS



6

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz tuna drained canned
- 0.5 cup celery chopped
- 7 oz elbow macaroni
- 2 teaspoons juice of lemon
- 0.3 cup onion chopped
- 0.5 cup peas green frozen thawed
- 0.3 teaspoon pepper
- 1 cup salad dressing
- 0.8 teaspoon salt

4 oz cheddar cheese shredded

0.3 cup pickle relish sweet

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



PROTEIN 19.9% **FAT 39.53%** **CARBS 40.57%**

Properties

Glycemic Index:27.06, Glycemic Load:0.78, Inflammation Score:-5, Nutrition Score:14.996956535008%

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: 359.57kcal (17.98%), Fat: 15.71g (24.17%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 34.16g (12.42%), Sugar: 9.27g (10.3%), Cholesterol: 34.21mg (11.4%), Sodium: 988.75mg (42.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.59%), Selenium: 56.16µg (80.22%), Vitamin K: 36.69µg (34.94%), Vitamin B3: 5.16mg (25.78%), Phosphorus: 231.9mg (23.19%), Vitamin B12: 1.29µg (21.55%), Manganese: 0.41mg (20.27%), Calcium: 162.19mg (16.22%), Vitamin B6: 0.26mg (12.92%), Zinc: 1.66mg (11.05%), Magnesium: 40.71mg (10.18%), Vitamin B2: 0.16mg (9.67%), Vitamin A: 482.97IU (9.66%), Iron: 1.58mg (8.79%), Fiber: 2.13g (8.53%), Vitamin E: 1.28mg (8.52%), Copper: 0.17mg (8.34%), Vitamin C: 6.49mg (7.87%), Potassium: 262.59mg (7.5%), Vitamin B1: 0.09mg (6.22%), Folate: 24.22µg (6.06%), Vitamin D: 0.62µg (4.16%), Vitamin B5: 0.33mg (3.29%)