



Tuna Macaroni Salad



Vegetarian



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



873 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup elbow macaroni uncooked
- ☐ 1 teaspoon salt
- ☐ 1 quart water
- ☐ 0.5 cup green onion chopped
- ☐ 1 cup bell pepper red yellow chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 10 ounce tuna packed in olive oil (if it's packed in water, drain and add 2 to 3 tablespoons of extra virgin olive oil) canned
- ☐ 1 cup celery chopped

- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 first and into 2 inch long strips sliced roughly chopped
- ☐ 0.3 cup mayonnaise to taste (more)
- ☐ 0.5 teaspoon hungarian paprika sweet
- ☐ 4 servings ground pepper fresh

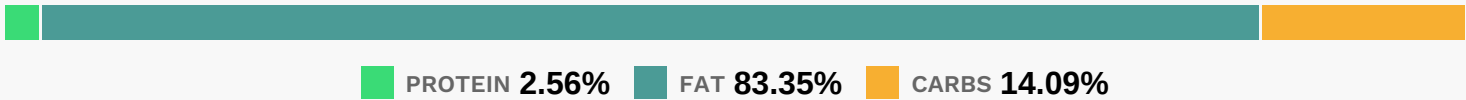
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook the macaroni: In a saucepan, add 1 cup of elbow macaroni to 1 quart of boiling water with an added teaspoon of salt. Cook at a rolling boil uncovered for about 10 minutes until the macaroni is just a little more cooked than al dente.
- ☐ Remove from heat, drain, and rinse with cold water.
- ☐ Prep the salad ingredients: While the macaroni is cooking, assemble the other ingredients. In a large bowl mix the green onion, bell peppers, parsley, tuna, celery and lemon.
- ☐ Add the cooked and drained macaroni. Fold in the mayonnaise until well mixed.
- ☐ Add the paprika.
- ☐ Add fresh ground pepper to taste. (At this point you can make ahead and chill.)
- ☐ Serve: Fold in the lettuce gently and serve. The salad does not make good leftovers as the lettuce will eventually get soggy.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:19.103913046744%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.86mg, Apigenin: 8.86mg, Apigenin: 8.86mg, Apigenin: 8.86mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 873.35kcal (43.67%), Fat: 82.1g (126.31%), Saturated Fat: 11.56g (72.23%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 28.79g (10.47%), Sugar: 1.89g (2.1%), Cholesterol: 5.88mg (1.96%), Sodium: 710.93mg (30.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin K: 160.66µg (153.01%), Vitamin C: 79.38mg (96.22%), Vitamin E: 10.95mg (73.02%), Selenium: 22.8µg (32.58%), Manganese: 0.44mg (21.86%), Vitamin A: 761.63IU (15.23%), Copper: 0.21mg (10.56%), Folate: 41.13µg (10.28%), Fiber: 2.45g (9.78%), Phosphorus: 92.55mg (9.26%), Iron: 1.6mg (8.86%), Potassium: 296.47mg (8.47%), Magnesium: 33.79mg (8.45%), Vitamin B6: 0.15mg (7.61%), Vitamin B3: 1.16mg (5.78%), Zinc: 0.74mg (4.94%), Calcium: 46.49mg (4.65%), Vitamin B1: 0.06mg (4.1%), Vitamin B2: 0.07mg (3.85%), Vitamin B5: 0.34mg (3.42%)