



Tuna-Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup caesar dressing
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 10 ounce tuna in spring water drained canned
- ☐ 4 medium tomatoes chopped

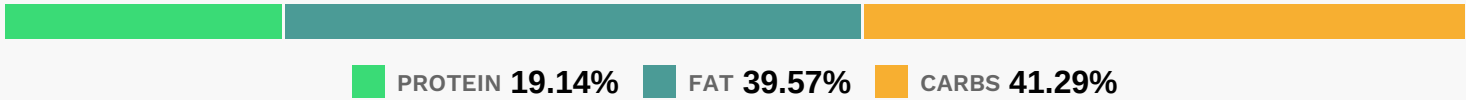
Equipment

☐ whisk

Directions

- ☐ Cook pasta according to package directions; rinse and drain.
- ☐ Combine pasta, tomato, and next 3 ingredients. Gently stir in tuna.
- ☐ Whisk together mayonnaise and salad dressing. Spoon over pasta mixture, and toss gently to coat.
- ☐ Note: For testing purposes only, we used Ken's Steak House Caesar Dressing.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:18.38, Inflammation Score:-9, Nutrition Score:24.770869337994%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 476.09kcal (23.8%), Fat: 20.82g (32.03%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 48.88g (16.29%), Net Carbohydrates: 44.84g (16.31%), Sugar: 5.33g (5.92%), Cholesterol: 37.12mg (12.37%), Sodium: 433.86mg (18.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.67g (45.33%), Selenium: 84.51µg (120.73%), Vitamin K: 123.65µg (117.77%), Vitamin B3: 8.85mg (44.26%), Manganese: 0.77mg (38.29%), Vitamin B12: 1.84µg (30.71%), Vitamin A: 1495.37IU (29.91%), Vitamin C: 22.18mg (26.89%), Phosphorus: 244.37mg (24.44%), Vitamin B6: 0.43mg (21.46%), Iron: 3.18mg (17.67%), Potassium: 590.7mg (16.88%), Magnesium: 66.53mg (16.63%), Fiber: 4.04g (16.17%), Vitamin E: 2.38mg (15.89%), Copper: 0.29mg (14.69%), Zinc: 1.6mg (10.66%), Folate: 42.17µg (10.54%), Vitamin B1: 0.13mg (8.44%), Vitamin B2: 0.13mg (7.71%), Calcium: 72.93mg (7.29%), Vitamin D: 0.89µg (5.95%), Vitamin B5: 0.52mg (5.25%)