



## Tuna Pasta Salad

 Dairy Free

READY IN



200 min.

SERVINGS



20

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup avocado oil mayonnaise kraft
- 1 cup elbow macaroni rinsed cooked
- 0.3 tsp dill weed
- 1 cup peas frozen
- 0.5 cup onions red chopped
- 5 oz tuna in water white flaked drained canned

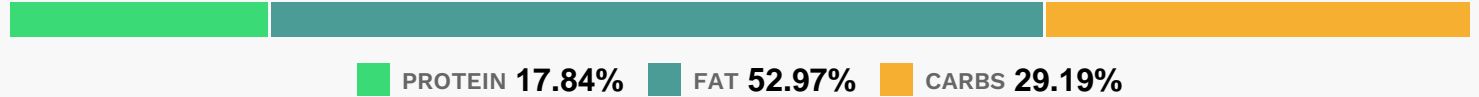
## Equipment

- bowl

## Directions

- Mix mayonnaise and dill until blended.
- Combine remaining ingredients in large bowl.
- Add mayonnaise mixture; mix lightly.
- Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:7.55, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:2.0047826326412%

## Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 49kcal (2.45%), Fat: 2.89g (4.45%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.98g (1.08%), Sugar: 0.62g (0.69%), Cholesterol: 2.55mg (0.85%), Sodium: 16.11mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Selenium: 6.8µg (9.72%), Vitamin B3: 0.89mg (4.44%), Vitamin C: 3.2mg (3.88%), Vitamin B12: 0.18µg (3.04%), Manganese: 0.06mg (2.94%), Fiber: 0.61g (2.43%), Phosphorus: 22.76mg (2.28%), Vitamin B6: 0.04mg (2.16%), Vitamin K: 1.83µg (1.74%), Vitamin B1: 0.02mg (1.64%), Folate: 6.25µg (1.56%), Iron: 0.27mg (1.49%), Magnesium: 5.68mg (1.42%), Copper: 0.02mg (1.24%), Zinc: 0.18mg (1.19%), Vitamin A: 59.68IU (1.19%), Potassium: 39.09mg (1.12%), Vitamin B2: 0.02mg (1.05%)