



## Tuna Salad Italiano

 Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 cups green beans frozen (from 1-lb bag)
- ☐ 0.5 cup spring onion sliced (8 medium)
- ☐ 2 hardboiled eggs sliced
- ☐ 0.5 cup salad dressing italian
- ☐ 7 oz shells uncooked
- ☐ 4 small potatoes – remove skin red sliced cut in half,
- ☐ 0.8 cup tomatoes seeded chopped
- ☐ 1 tablespoon vegetable oil

☐ 6 oz water-packed tuna flaked drained canned

## Equipment

☐ bowl

☐ sauce pan

## Directions

☐ In 4-quart saucepan, cook pasta as directed on package, adding potatoes and frozen green beans during last 5 to 7 minutes of cooking time; cook until vegetables and pasta are tender.

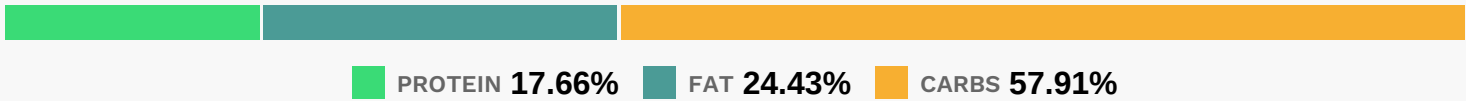
☐ Drain.

☐ In large bowl, gently toss cooked pasta, potatoes and green beans with oil. Refrigerate until chilled, about 1 hour 30 minutes.

☐ Stir in tuna, tomato and onions.

☐ Pour dressing over salad; stir gently to coat. Top with hard-cooked eggs.

## Nutrition Facts



## Properties

Glycemic Index:19.75, Glycemic Load:8.22, Inflammation Score:-6, Nutrition Score:13.941304362339%

## Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

## Nutrients (% of daily need)

Calories: 253.36kcal (12.67%), Fat: 6.92g (10.64%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 33.58g (12.21%), Sugar: 4.89g (5.44%), Cholesterol: 54.28mg (18.09%), Sodium: 228.05mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.51%), Selenium: 34.86µg (49.81%), Vitamin K: 39.79µg (37.89%), Manganese: 0.44mg (22.22%), Vitamin B3: 3.85mg (19.26%), Potassium: 615.96mg (17.6%), Phosphorus: 167.68mg (16.77%), Vitamin C: 13.81mg (16.74%), Vitamin B6: 0.33mg (16.3%), Fiber: 3.31g (13.25%), Magnesium: 48.38mg (12.1%), Copper: 0.23mg (11.63%), Vitamin B12: 0.69µg (11.42%), Iron: 1.9mg (10.55%), Folate: 41.29µg (10.32%), Vitamin B2: 0.16mg (9.36%), Vitamin B1: 0.14mg (9.33%), Vitamin A: 456.78IU (9.14%), Zinc: 1.03mg

(6.84%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.92mg (6.12%), Calcium: 41.77mg (4.18%), Vitamin D: 0.53µg (3.53%)