



Tuna Seaside Salad

READY IN



200 min.

SERVINGS



20

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

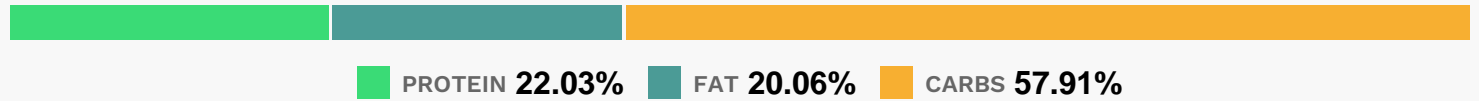
- 5 oz tuna flaked drained canned
- 1 cup celery chopped
- 7.3 oz macaroni & cheese dinner kraft
- 0.5 cup miracle whip dressing
- 2 Tbsp onions finely chopped
- 10 oz peas frozen thawed drained
- 0.3 cup claussen pickle relish sweet drained
- 2 Tbsp pimentos drained chopped

Equipment

Directions

- Prepare Dinner as directed on package.
- Add remaining ingredients; mix well.
- Refrigerate 3 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:10.62, Glycemic Load:3.68, Inflammation Score:-2, Nutrition Score:3.4469565204952%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 62.96kcal (3.15%), Fat: 1.42g (2.19%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.14g (2.96%), Sugar: 2.5g (2.78%), Cholesterol: 3.13mg (1.04%), Sodium: 174.31mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin C: 7.18mg (8.7%), Vitamin K: 7.7µg (7.34%), Selenium: 5.09µg (7.27%), Phosphorus: 67.7mg (6.77%), Manganese: 0.12mg (5.79%), Vitamin B3: 1.03mg (5.16%), Fiber: 1.09g (4.35%), Vitamin A: 208.73IU (4.17%), Iron: 0.61mg (3.39%), Vitamin B12: 0.18µg (3.04%), Folate: 11.62µg (2.9%), Vitamin B1: 0.04mg (2.77%), Vitamin B6: 0.06mg (2.76%), Magnesium: 10.69mg (2.67%), Potassium: 88.1mg (2.52%), Zinc: 0.37mg (2.48%), Calcium: 22.53mg (2.25%), Vitamin B2: 0.03mg (1.74%), Copper: 0.03mg (1.69%)