



## Tuna-Stuffed Shells

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 jumbo elbow pasta uncooked
- 2 cups tomatoes seeded chopped
- 2 tablespoons onion chopped
- 2 tablespoons basil dried fresh chopped
- 2 tablespoons vegetable oil
- 1 tablespoon red wine vinegar
- 0.1 teaspoon salt
- 0.1 teaspoon pepper

- 0.3 cup salad dressing
- 2 tablespoons basil dried fresh chopped
- 0.3 teaspoon salt
- 10 oz solid albacore tuna in water flaked drained canned
- 1 cup carrots shredded
- 1 cup zucchini shredded
- 0.3 cup onion chopped
- 1 serving romaine leaves

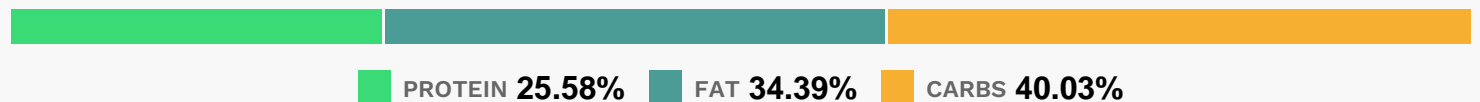
## Equipment

- bowl

## Directions

- Cook and drain pasta shells as directed on package. Rinse with cold water; drain.
- While pasta is cooking, in medium bowl, mix all vinaigrette ingredients just until blended. Set aside.
- In another medium bowl, mix mayonnaise, 2 tablespoons basil and 1/4 teaspoon salt. Stir in tuna, carrot, zucchini and onion until evenly mixed. Fill each pasta shell with 1 rounded tablespoon tuna mixture.
- Line serving platter with lettuce leaves. Arrange shells on lettuce.
- Serve with vinaigrette.

## Nutrition Facts



## Properties

Glycemic Index:56.96, Glycemic Load:11.8, Inflammation Score:-10, Nutrition Score:28.433913210164%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg,

Isorhamnetin: 0.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg  
Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.75mg, Quercetin: 3.75mg,  
Quercetin: 3.75mg, Quercetin: 3.75mg

## **Nutrients (% of daily need)**

Calories: 365.44kcal (18.27%), Fat: 14.03g (21.58%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 36.73g (12.24%),  
Net Carbohydrates: 31.77g (11.55%), Sugar: 7.99g (8.87%), Cholesterol: 29.77mg (9.92%), Sodium: 715.51mg (31.11%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.47g (46.95%), Vitamin A: 6524.37IU (130.49%), Vitamin K:  
105.46µg (100.44%), Selenium: 67.51µg (96.44%), Manganese: 0.94mg (46.91%), Iron: 5.27mg (29.28%), Vitamin B3:  
5.81mg (29.07%), Phosphorus: 275.52mg (27.55%), Vitamin C: 19.96mg (24.2%), Magnesium: 89.93mg (22.48%),  
Vitamin B6: 0.44mg (22.19%), Potassium: 756.73mg (21.62%), Fiber: 4.96g (19.85%), Vitamin E: 2.72mg (18.15%),  
Copper: 0.29mg (14.49%), Vitamin B12: 0.83µg (13.82%), Calcium: 138.01mg (13.8%), Folate: 49.41µg (12.35%),  
Vitamin B2: 0.17mg (10.02%), Zinc: 1.43mg (9.54%), Vitamin D: 1.42µg (9.45%), Vitamin B1: 0.12mg (7.81%), Vitamin  
B5: 0.5mg (4.96%)