



Tuna-Stuffed Shells

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz solid albacore tuna in water flaked drained canned
- 1 cup carrots shredded
- 16 jumbo elbow pasta uncooked
- 4 servings romaine leaves
- 0.3 cup onion chopped
- 2 tablespoons onion chopped
- 0.1 teaspoon pepper
- 1 tablespoon red wine vinegar

- 0.3 cup salad dressing
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 2 cups tomatoes seeded chopped
- 2 tablespoons vegetable oil
- 1 cup zucchini shredded

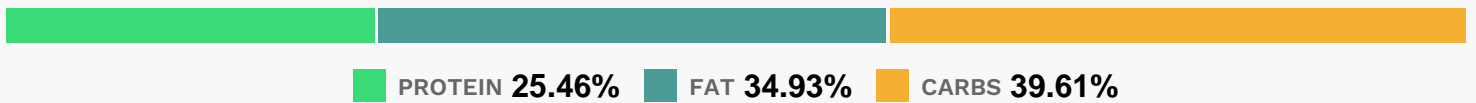
Equipment

- 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:22.65434773072%

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: 358.82kcal (17.94%), Fat: 13.86g (21.33%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 31.73g (11.54%), Sugar: 8.1g (9%), Cholesterol: 29.77mg (9.92%), Sodium: 717.51mg (31.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.73g (45.47%), Vitamin A: 7827.33IU (156.55%), Selenium: 67.5µg (96.42%), Vitamin K: 36.88µg (35.12%), Manganese: 0.6mg (30.01%), Vitamin B3: 5.69mg (28.45%), Vitamin C: 23.17mg (28.09%), Phosphorus: 269.78mg (26.98%), Vitamin B6: 0.41mg (20.41%), Potassium: 686.45mg (19.61%), Magnesium: 63.83mg (15.96%), Vitamin E: 2.35mg (15.66%), Fiber: 3.63g (14.54%), Vitamin B12: 0.83µg (13.82%), Folate: 43.85µg (10.96%), Copper: 0.21mg (10.29%), Iron: 1.84mg (10.22%), Vitamin D: 1.42µg (9.45%), Vitamin B1: 0.13mg (8.8%), Vitamin B2: 0.14mg (8.26%), Zinc: 1.18mg (7.89%), Calcium: 54.88mg (5.49%), Vitamin B5: 0.46mg (4.62%)