



## Tuna Twist Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 oz solid albacore tuna in water flaked drained canned
- 0.3 cup celery chopped
- 0.8 cup parmesan
- 1 cup peas sweet green frozen giant® (from 1-lb bag)
- 1 leaf lettuce red
- 3 oz rotini pasta uncooked (spiral)

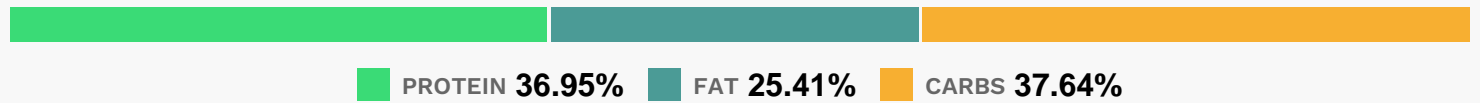
### Equipment

- bowl

## Directions

- Cook pasta as directed on package, adding frozen peas during last 4 minutes of cooking time.
- Drain; rinse with cold water to cool.
- Drain well.
- In large bowl, gently toss cooled cooked pasta and peas, celery and tuna.
- Pour dressing over salad; toss to coat well. Spoon salad onto lettuce-lined plates.

## Nutrition Facts



## Properties

Glycemic Index:44.33, Glycemic Load:7.98, Inflammation Score:-6, Nutrition Score:13.603913110235%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 237.34kcal (11.87%), Fat: 6.59g (10.13%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 19.08g (6.94%), Sugar: 2.9g (3.22%), Cholesterol: 30.61mg (10.2%), Sodium: 469.03mg (20.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.09%), Selenium: 46.27µg (66.11%), Phosphorus: 303.65mg (30.37%), Calcium: 244.37mg (24.44%), Vitamin B3: 3.66mg (18.29%), Manganese: 0.36mg (18.22%), Vitamin C: 14.75mg (17.88%), Vitamin K: 12.72µg (12.12%), Vitamin B12: 0.72µg (12.04%), Magnesium: 46.35mg (11.59%), Fiber: 2.87g (11.49%), Vitamin B6: 0.21mg (10.32%), Zinc: 1.48mg (9.87%), Vitamin A: 470.64IU (9.41%), Vitamin B2: 0.15mg (8.57%), Vitamin B1: 0.13mg (8.56%), Folate: 32.41µg (8.1%), Potassium: 273.13mg (7.8%), Iron: 1.4mg (7.76%), Copper: 0.15mg (7.53%), Vitamin D: 0.94µg (6.29%), Vitamin E: 0.49mg (3.29%), Vitamin B5: 0.28mg (2.84%)