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Tuna Penne Pasta Salad · ·

Tuna Penne Pasta Salad is a refreshing and satisfying dish that is perfect for a quick lunch or dinner. It combines cooked penne pasta with tuna, fresh vegetables, and a tangy dressing. This salad is packed with flavor and nutrients, making it a healthy and delicious choice.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	penne pasta
200 g	canned tuna
150 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion

50 g	Black Olives
100 g	feta cheese
30 ml	olive oil
15 ml	lemon juice
5 g	Salt
2 g	Black pepper

Directions

Step 1

Boiling

Cook the penne pasta according to package instructions. Drain and rinse with cold water.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Mixing

In a large bowl, combine the cooked penne pasta, canned tuna, cherry tomatoes, cucumber, red onion, black olives, and feta cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whisking

In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 1 hour before serving to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	200 mg	20%	20%
Iron	3 mg	37.5%	16.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Course

Salads

Appetizers

Soups

Snacks

Sauces & Dressings

Cuisines

Italian

French

Nutritional Content

Sugar-Free

Diet

Anti-Inflammatory Diet

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Passover

Thanksgiving

Easter

Halloween

Cost

\$10 to \$20

\$20 to \$30

Demographics

Senior Friendly

Heart Healthy

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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