

Featured Recipe at

The Nest

in Louisville Hall

Seafood Pasta Salad



- Cook pasta according to package directions, rinse with cold water and drain.
- While pasta is cooking, mix tuna, carrot, celery, tomato, dressing, lemon juice (squeeze lemon halves over your hand to catch the seeds) and pepper in a large bowl.
- Add cooked pasta to the bowl. Shred romaine lettuce and mix in as well.

The Nest convenience store

located in Louisville Hall.

basicpantry

UofL Campus Health Services

UofL Living Services
by students



Seafood Pasta Salad

Nutrition Facts

Serving Size 1 salad
Serving per Recipe 1

Amount per Serving

Calories 496 **Calories from Fat** 71.1

% Daily Value

Total Fat 7.9g 12%

Saturated Fat 0g 0%

Cholesterol 100mg 33%

Sodium 1789.3mg 74%

Total Carbohydrate 54.97g 18%

Dietary Fiber 11.97g 47%

Sugars 17.73g

Protein 58.02g 116%

Est. Percent Calories From:

Fat 15%

Carbs 44%

Protein 46%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Tip: Treat this as a main dish, because the sodium content is ridiculously high. However, as a trade-off, there is also a massive amount of protein.

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