



Antipasti Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



615 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 cups endive chopped
- ☐ 2 large garlic cloves thinly sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.8 pound penne pasta
- ☐ 1 cup roasted peppers-drained red jarred cut into strips
- ☐ 6 ounce tuna in olive oil italian flaked drained canned

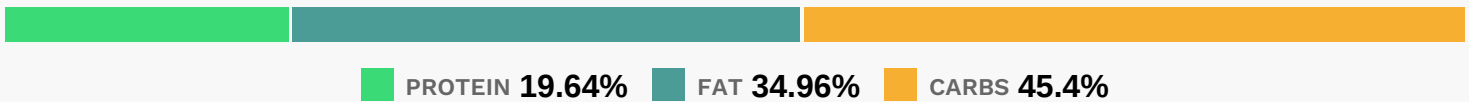
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot of boiling salted water, cook the penne until al dente.
- ☐ Drain, reserving 1 cup of the cooking water.
- ☐ Meanwhile, in a large skillet, heat the oil until shimmering.
- ☐ Add the red peppers, garlic and crushed red pepper and cook over moderately high heat until the peppers are softened, 6 minutes.
- ☐ Add the escarole and cook, stirring, until wilted, 3 minutes. Stir in the tuna.
- ☐ Add the pasta, the reserved cooking water and 1/2 cup of the Parmesan to the skillet and cook, tossing, until the liquid is nearly absorbed, 2 minutes.
- ☐ Transfer to bowls, sprinkle with the remaining 1/4 cup of Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:25.73, Inflammation Score:-9, Nutrition Score:28.113043411918%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 615.39kcal (30.77%), Fat: 23.76g (36.55%), Saturated Fat: 5.7g (35.62%), Carbohydrates: 69.43g (23.14%), Net Carbohydrates: 64.66g (23.51%), Sugar: 2.43g (2.7%), Cholesterol: 23.97mg (7.99%), Sodium: 1002.85mg (43.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.06%), Vitamin K: 142.9µg (136.09%),

Selenium: 93.08µg (132.96%), Manganese: 1.1mg (54.77%), Phosphorus: 435.54mg (43.55%), Vitamin B3: 7.15mg (35.75%), Vitamin A: 1497.63IU (29.95%), Vitamin C: 19.99mg (24.23%), Folate: 95.24µg (23.81%), Calcium: 232.75mg (23.28%), Vitamin B12: 1.19µg (19.81%), Vitamin D: 2.94µg (19.62%), Copper: 0.38mg (19.21%), Magnesium: 76.73mg (19.18%), Zinc: 2.87mg (19.16%), Fiber: 4.77g (19.07%), Vitamin E: 2.77mg (18.48%), Potassium: 528.87mg (15.11%), Iron: 2.6mg (14.44%), Vitamin B6: 0.28mg (13.81%), Vitamin B2: 0.22mg (12.8%), Vitamin B5: 1.06mg (10.58%), Vitamin B1: 0.15mg (9.99%)