






 **51%**  
HEALTH SCORE

# Artichokes, Capers, Olives, Lemon Zest, and Italian Tuna on Pasta Shells

 Dairy Free

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**692 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 6 ounce artichoke hearts drained
- 1 juice of lemon
- 0.5 cup olive oil extra virgin extra-virgin
- 8 quarts water
- 0.5 cup kalamata olives pitted chopped
- 0.3 cup capers drained and rinsed
- 3 tablespoons salt

- 13 ounce tuna in olive oil italian drained canned
- 4 servings pepper black freshly ground to taste
- 1 pound shells
- 0.5 cup parsley fresh chopped

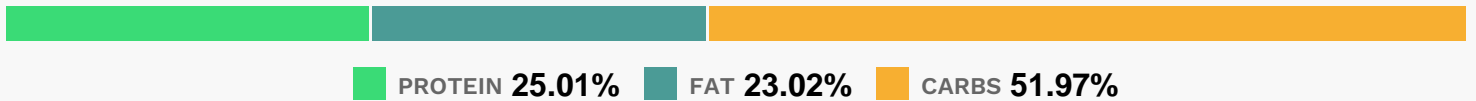
## Equipment

- bowl
- pot

## Directions

- In a 10-quart pot, bring the water to a brisk boil.
- Add salt and stir in the pasta shells. When the water returns to a boil, begin timing and cook al dente according to the package directions. Reserve 1/2 cup of the pasta cooking water.
- Drain the pasta, but do not rinse.
- Transfer the shells to a large serving bowl. Stir in the reserved pasta water to keep the pasta from sticking to itself. Pasta continues to cook and absorb water even when it has
- been drained.
- Add in the salsa cruda ingredients and toss.
- Garnish with chopped parsley leaves.
- Stylish One-Dish Dinners
- Doubleday

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:34.12, Inflammation Score:-8, Nutrition Score:30.746521700983%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,

Naringenin: 0.1mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 14.48mg, Kaempferol: 14.48mg, Kaempferol: 14.48mg, Kaempferol: 14.48mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 18.92mg, Quercetin: 18.92mg, Quercetin: 18.92mg, Quercetin: 18.92mg

## **Nutrients (% of daily need)**

Calories: 692.27kcal (34.61%), Fat: 17.43g (26.82%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 88.55g (29.52%), Net Carbohydrates: 83.06g (30.21%), Sugar: 3.74g (4.16%), Cholesterol: 16.58mg (5.53%), Sodium: 6444.58mg (280.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.62g (85.23%), Selenium: 142.01µg (202.87%), Vitamin K: 169.99µg (161.9%), Vitamin B3: 13.57mg (67.85%), Manganese: 1.1mg (55.07%), Phosphorus: 507.74mg (50.77%), Vitamin D: 6.17µg (41.15%), Copper: 0.77mg (38.74%), Vitamin B12: 2.03µg (33.78%), Magnesium: 117.56mg (29.39%), Fiber: 5.49g (21.94%), Iron: 3.58mg (19.87%), Zinc: 2.76mg (18.39%), Vitamin E: 2.51mg (16.74%), Vitamin C: 13.35mg (16.18%), Vitamin A: 785.15IU (15.7%), Potassium: 506.8mg (14.48%), Vitamin B6: 0.28mg (14.03%), Calcium: 120.26mg (12.03%), Vitamin B2: 0.2mg (11.98%), Folate: 40.96µg (10.24%), Vitamin B1: 0.15mg (10.06%), Vitamin B5: 0.88mg (8.78%)