



Bows with tuna, olives & capers

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g soup noodles
- ☐ 6 tbsp olive oil extra virgin extra-virgin
- ☐ 2 garlic clove crushed
- ☐ 400 g tuna drained canned
- ☐ 85 g olives pitted halved
- ☐ 2 tbsp capers rinsed
- ☐ 1 small bunch flat parsley roughly chopped

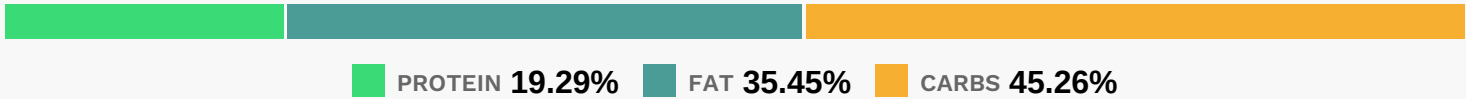
Equipment

☐ frying pan

Directions

- ☐ Cook pasta following pack instructions.
- ☐ Drain, reserving a few tablespoons of water in the bottom of the pan.
- ☐ Return the pasta to the pan over a low heat, stir in the olive oil and garlic and allow to infuse for 1 min. Toss through the remaining ingredients, season and serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:30.3, Inflammation Score:-9, Nutrition Score:28.504347780476%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Nutrients (% of daily need)

Calories: 685.81kcal (34.29%), Fat: 26.86g (41.32%), Saturated Fat: 3.86g (24.13%), Carbohydrates: 77.17g (25.72%), Net Carbohydrates: 72.63g (26.41%), Sugar: 2.94g (3.27%), Cholesterol: 36mg (12%), Sodium: 684.22mg (29.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.76%), Vitamin K: 248.02µg (236.21%), Selenium: 131.47µg (187.81%), Vitamin B3: 11.9mg (59.48%), Manganese: 0.99mg (49.36%), Vitamin B12: 2.57µg (42.83%), Phosphorus: 337.84mg (33.78%), Vitamin E: 4.42mg (29.46%), Vitamin A: 1347IU (26.94%), Vitamin B6: 0.5mg (25.05%), Vitamin C: 19.61mg (23.76%), Iron: 4.17mg (23.18%), Magnesium: 87.26mg (21.81%), Copper: 0.4mg (20.21%), Fiber: 4.54g (18.16%), Zinc: 2.26mg (15.08%), Potassium: 494.82mg (14.14%), Folate: 45.33µg (11.33%), Vitamin B2: 0.17mg (9.71%), Vitamin B1: 0.14mg (9.37%), Vitamin D: 1.2µg (8%), Calcium: 74.36mg (7.44%), Vitamin B5: 0.65mg (6.51%)