



Cheesy tuna pesto pasta

READY IN



25 min.

SERVINGS



4

CALORIES



767 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g penne pasta
- ☐ 200 g tuna in olive oil canned
- ☐ 190 g basil pesto (or try a different flavour such as spinach, tomato or aubergine pesto)
- ☐ 100 g cheddar cheese grated
- ☐ 250 g cherry tomatoes halved

Equipment

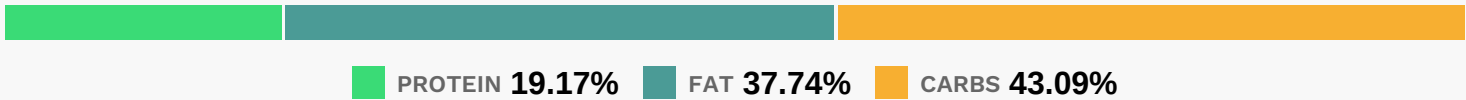
- ☐ bowl
- ☐ baking pan

- ☐ wooden spoon
- ☐ grill

Directions

- ☐ Boil the pasta. Meanwhile, tip the tuna and its oil into a large bowl with the pesto. Mash together with a wooden spoon. Stir in a third of the cheese and all of the tomatoes.
- ☐ Heat the grill to high.
- ☐ When the pasta is cooked, drain and toss through the pesto mix. Tip into a shallow baking dish and scatter with the remaining cheese.
- ☐ Place the dish under the grill for 3–4 mins until just melted, then serve with a green salad and garlic bread.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:30.18, Inflammation Score:-8, Nutrition Score:23.925217607747%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 767.08kcal (38.35%), Fat: 31.76g (48.86%), Saturated Fat: 8.89g (55.57%), Carbohydrates: 81.59g (27.2%), Net Carbohydrates: 77.19g (28.07%), Sugar: 5.83g (6.48%), Cholesterol: 37.8mg (12.6%), Sodium: 828.5mg (36.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.29g (72.58%), Selenium: 108.59µg (155.12%), Manganese: 0.99mg (49.63%), Phosphorus: 476.5mg (47.65%), Vitamin B3: 8.25mg (41.23%), Vitamin A: 1552.22IU (31.04%), Calcium: 287.6mg (28.76%), Vitamin D: 3.5µg (23.33%), Vitamin K: 24.45µg (23.29%), Vitamin B12: 1.37µg (22.75%), Magnesium: 80.88mg (20.22%), Zinc: 2.87mg (19.1%), Copper: 0.38mg (18.98%), Fiber: 4.4g (17.59%), Vitamin C: 14.25mg (17.27%), Iron: 2.74mg (15.2%), Vitamin B2: 0.24mg (14.35%), Potassium: 482mg (13.77%), Vitamin B6: 0.26mg (13.18%), Vitamin B1: 0.14mg (9.25%), Folate: 33.88µg (8.47%), Vitamin B5: 0.8mg (8%), Vitamin E: 1.08mg (7.22%)