



## Cilantro Pesto Primavera with Seared Tuna

READY IN



45 min.

SERVINGS



6

CALORIES



431 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 0.5 cup grape tomatoes halved
- 2 cups penne rigate uncooked
- 0.5 cup cilantro pesto
- 0.3 teaspoon salt
- 0.5 cup sugar snap peas trimmed
- 0.5 cup baby squash yellow halved lengthwise sliced
- 36 ounce yellowfin tuna fillets

0.8 cup zucchini halved lengthwise sliced

## Equipment

bowl

frying pan

## Directions

Cook pasta according to package directions, omitting salt and fat.

Drain; place in a large bowl.

Melt butter in a large nonstick skillet over medium-high heat.

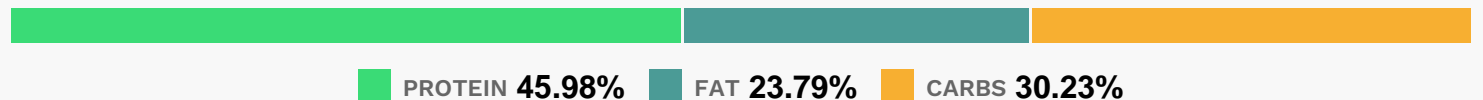
Add zucchini, squash, and peas; saut 2 minutes or until crisp-tender. Stir in tomatoes; saut 30 seconds.

Add vegetable mixture and 1/2 cup Cilantro Pesto to pasta, tossing gently to coat.

Sprinkle salt and black pepper evenly over tuna. Return skillet to medium-high heat. Coat pan with cooking spray.

Add tuna to pan; cook 2 minutes on each side or until desired degree of doneness. Slice tuna across grain into 1/2-inch-thick slices. Spoon about 1 cup pasta mixture onto each of 6 plates; top each serving with 1 sliced tuna steak.

## Nutrition Facts



## Properties

Glycemic Index:34.83, Glycemic Load:11.51, Inflammation Score:-8, Nutrition Score:26.973478255065%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 431.26kcal (21.56%), Fat: 11.05g (17%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 29.43g (10.7%), Sugar: 2.91g (3.24%), Cholesterol: 73.01mg (24.34%), Sodium: 386.32mg (16.8%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.05g (96.11%), Selenium: 177.94µg (254.2%), Vitamin B3: 32.35mg (161.73%), Vitamin B6: 1.71mg (85.47%), Vitamin B12: 3.54µg (59.03%), Phosphorus: 561.21mg (56.12%), Potassium: 946.33mg (27.04%), Manganese: 0.45mg (22.57%), Magnesium: 87.32mg (21.83%), Vitamin D: 2.89µg (19.28%), Vitamin B1: 0.26mg (17.53%), Vitamin A: 819.5IU (16.39%), Vitamin B2: 0.26mg (15.05%), Vitamin C: 10.98mg (13.3%), Iron: 2.22mg (12.33%), Copper: 0.2mg (9.88%), Fiber: 2.17g (8.69%), Zinc: 1.28mg (8.54%), Vitamin B5: 0.76mg (7.6%), Calcium: 57.59mg (5.76%), Folate: 21.98µg (5.49%), Vitamin K: 4.48µg (4.27%), Vitamin E: 0.63mg (4.22%)