



WHATSheATE



## Creamy Tuna-and-Mushroom Linguine

READY IN



40 min.

SERVINGS



4

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 ribs celery thinly sliced
- ☐ 1 pinch pepper red crushed
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 servings parsley fresh
- ☐ 3 cloves garlic minced
- ☐ 12 ounces pasta
- ☐ 1.3 cups milk warmed
- ☐ 1.5 cups mushrooms sliced
- ☐ 1 medium onion chopped

- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 5 oz water-packed tuna drained canned

## Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

## Directions

- ☐ Bring a pot of salted water to a boil. Cook linguine until al dente, about 9 minutes, or as package directs. Reserve 1/2 cup of cooking water; drain pasta.
- ☐ Melt butter in a small pan over medium-low heat.
- ☐ Sprinkle in flour and cook, stirring, until thickened but not browned, about 2 minutes.
- ☐ Whisk in milk and continue to whisk until sauce is thick enough to coat the back of a spoon, about 3 minutes. Season with salt and pepper.
- ☐ Remove from heat.
- ☐ Warm oil in a large skillet over medium-high heat.
- ☐ Add garlic and cook, stirring, until golden, about 1 minute.
- ☐ Add mushrooms and saut until they release their liquid and begin to turn golden, about 5 minutes.
- ☐ Add onion, celery and crushed red pepper and cook, stirring, until vegetables are tender, about 5 minutes longer.
- ☐ Stir sauce and reserved pasta water into vegetable mixture and cook, stirring, until heated through, about 5 minutes. Reduce heat to medium-low, add tuna, breaking it up, and cook until warmed through, about 2 minutes. Season with salt and pepper. Toss linguine with sauce, sprinkle with parsley, if desired, and serve hot.

## Nutrition Facts



 PROTEIN **17.64%**  FAT **23.55%**  CARBS **58.81%**

Properties

Glycemic Index:77, Glycemic Load:30.12, Inflammation Score:-7, Nutrition Score:23.966956242271%

Flavonoids

Apigenin: 9.19mg, Apigenin: 9.19mg, Apigenin: 9.19mg, Apigenin: 9.19mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 513.65kcal (25.68%), Fat: 13.4g (20.62%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 75.31g (25.1%), Net Carbohydrates: 71.15g (25.87%), Sugar: 8.16g (9.06%), Cholesterol: 36.96mg (12.32%), Sodium: 328.25mg (14.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.59g (45.18%), Selenium: 84.46µg (120.66%), Vitamin K: 78.77µg (75.02%), Manganese: 0.93mg (46.67%), Phosphorus: 341.61mg (34.16%), Vitamin B3: 6.73mg (33.66%), Vitamin B12: 1.35µg (22.48%), Vitamin B2: 0.38mg (22.14%), Copper: 0.42mg (20.77%), Vitamin B6: 0.4mg (19.99%), Magnesium: 74.14mg (18.53%), Potassium: 610.43mg (17.44%), Fiber: 4.16g (16.63%), Vitamin A: 753.58IU (15.07%), Calcium: 145.47mg (14.55%), Vitamin B1: 0.21mg (14.24%), Zinc: 2.11mg (14.06%), Vitamin B5: 1.38mg (13.79%), Iron: 2.44mg (13.57%), Folate: 48.5µg (12.12%), Vitamin C: 9.43mg (11.43%), Vitamin D: 1.44µg (9.61%), Vitamin E: 0.8mg (5.31%)