



Easy Penne and Tuna Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula coarsely chopped
- ☐ 1 tablespoon capers drained
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 ounces penne pasta uncooked
- ☐ 1 large bell pepper red
- ☐ 2 tablespoons red wine vinegar
- ☐ 2.3 teaspoons salt divided
- ☐ 0.3 cup shallots thinly sliced

- ☐ 7.8 ounce premium tuna packed in oil (such as ortiz), drained and flaked
- ☐ 4 quarts water

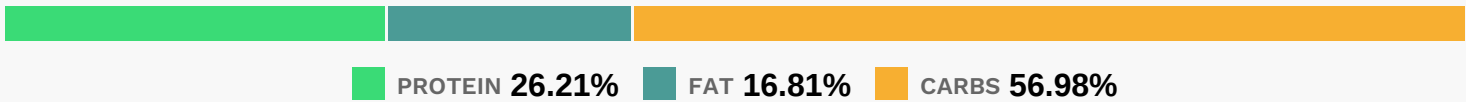
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and chop.
- ☐ Bring 4 quarts water and 2 teaspoons salt to a boil in a large saucepan. Cook pasta according to package directions, omitting additional salt and fat.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Combine bell pepper, pasta, remaining 1/4 teaspoon salt, arugula, and remaining ingredients in a large bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:13.95, Inflammation Score:-9, Nutrition Score:19.656956672668%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 6.12mg, Kaempferol: 6.12mg, Kaempferol: 6.12mg, Kaempferol: 6.12mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 264.15kcal (13.21%), Fat: 4.88g (7.51%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 34.32g (12.48%), Sugar: 4.23g (4.7%), Cholesterol: 19.9mg (6.63%), Sodium: 1541.18mg (67.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.26%), Selenium: 64.63µg (92.33%), Vitamin C: 55.29mg (67.01%), Vitamin B3: 6.68mg (33.41%), Vitamin A: 1555.87IU (31.12%), Manganese: 0.53mg (26.5%), Vitamin B12: 1.42µg (23.68%), Vitamin B6: 0.42mg (20.77%), Phosphorus: 181.64mg (18.16%), Copper: 0.34mg (16.88%), Vitamin K: 15.78µg (15.03%), Magnesium: 58.44mg (14.61%), Fiber: 2.92g (11.68%), Iron: 2.07mg (11.52%), Folate: 43.91µg (10.98%), Potassium: 368.95mg (10.54%), Vitamin E: 1.45mg (9.65%), Zinc: 1.28mg (8.53%), Calcium: 73.71mg (7.37%), Vitamin B2: 0.12mg (7.06%), Vitamin B1: 0.09mg (6.04%), Vitamin B5: 0.48mg (4.82%), Vitamin D: 0.66µg (4.42%)