



Fedelini with Tuna and Chickpeas

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- 1.7 cups chickpeas canned rinsed drained (one 15-ounce can)
- 1 cup tomatoes canned crushed
- 6 ounces tuna packed in oil canned
- 2 tablespoons cooking oil
- 0.8 teaspoon fennel seeds
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 1 small onion cut into thin slices

- 2 orange zest grated
- 1.5 teaspoons salt
- 0.8 pound fedelini
- 0.8 pound fedelini

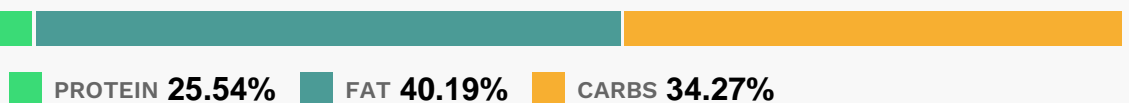
Equipment

- frying pan
- pot

Directions

- In a large frying pan, heat the oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the fennel seeds, the orange zest, and the salt and pepper. Cook, stirring, for 1 minute longer.
- Add the tomatoes and simmer, covered, for 10 minutes.
- Add the tuna and its oil and the chickpeas, cover, and remove the pan from the heat.
- In a large pot of boiling, salted water, cook the fedelini until just done, about 6 minutes. Reserve about 1/2 cup of the pasta water.
- Drain the pasta and toss with the sauce, 1/4 cup of the reserved pasta water, and the parsley. If the sauce seems too thick, add more of the reserved pasta water.
- Canned Tuna: Different brands of tuna vary tremendously. Here we use tuna packed in oil, and we count on that oil as part of the sauce. If your tuna has less than 1 1/2 tablespoons oil per can, add a little extra cooking oil to make up for the difference.
- Wine Recommendation: Wine with plenty of acidity will stand up to the fennel and tuna. A bottle of either Sancerre from the Loire Valley in France or sauvignon blanc from California will do nicely.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:4.16, Inflammation Score:-6, Nutrition Score:17.510869544485%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 195.42kcal (9.77%), Fat: 9.02g (13.88%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 11.92g (4.33%), Sugar: 3.44g (3.82%), Cholesterol: 15.31mg (5.1%), Sodium: 1238.34mg (53.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.8%), Vitamin K: 70.06µg (66.72%), Selenium: 30.72µg (43.89%), Manganese: 0.75mg (37.45%), Vitamin B6: 0.59mg (29.36%), Vitamin B3: 5.19mg (25.97%), Vitamin C: 20.16mg (24.43%), Fiber: 5.39g (21.58%), Vitamin B12: 1.09µg (18.21%), Iron: 2.74mg (15.24%), Vitamin E: 2.17mg (14.46%), Phosphorus: 142.82mg (14.28%), Copper: 0.26mg (13%), Potassium: 417.75mg (11.94%), Magnesium: 46.96mg (11.74%), Vitamin A: 507.2IU (10.14%), Folate: 37.5µg (9.37%), Calcium: 76.58mg (7.66%), Zinc: 1.02mg (6.79%), Vitamin B1: 0.1mg (6.68%), Vitamin B2: 0.09mg (5.41%), Vitamin B5: 0.5mg (5.03%), Vitamin D: 0.51µg (3.4%)