



HEALTH SCORE

91%

Gemelli with Tuna and Cherry Tomatoes



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



702 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 leaves basil leaves fresh shredded
- ☐ 4 servings coarse salt and pepper black
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 6 cloves garlic finely chopped
- ☐ 0.5 pint grape tomatoes coarsely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pound gemelli pasta -- short braids of pasta salted such as penne rigate, cooked to al dente in water canned
- ☐ 12 ounce tuna in olive oil italian drained canned

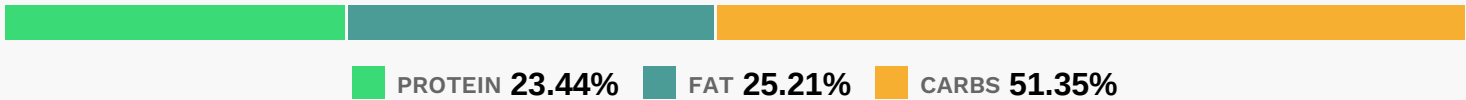
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat a large, deep skillet over medium heat.
- ☐ Add extra-virgin olive oil and garlic to the pan. When garlic speaks by sizzling in oil, add tuna and mash into oil with the back of a wooden spoon.
- ☐ Let the tuna sit in the oil 5 to 10 minutes to infuse the fish flavor into the extra-virgin olive oil and to give the tuna time to break down -- it will almost melt into the extra-virgin olive oil. Raise the flame a bit and add the coarsely chopped tomatoes. Season with salt and pepper.
- ☐ Heat the tomatoes through, 2 minutes, then add hot, drained pasta that has been cooked to al dente.
- ☐ Add parsley to the tuna and pasta and toss to combine well and evenly coat pasta. Adjust seasonings. Top pasta with shredded basil and serve.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:30.129130280536%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 701.65kcal (35.08%), Fat: 19.39g (29.83%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 88.85g (29.62%), Net Carbohydrates: 84.21g (30.62%), Sugar: 4.68g (5.2%), Cholesterol: 15.31mg (5.1%), Sodium: 561.23mg (24.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.57g (81.14%), Selenium: 136.96µg (195.65%), Vitamin K: 140.98µg (134.27%), Vitamin B3: 12.94mg (64.72%), Manganese: 1.23mg (61.62%), Phosphorus: 504.2mg

(50.42%), Vitamin D: 5.7µg (37.99%), Vitamin B12: 1.87µg (31.18%), Magnesium: 98.2mg (24.55%), Copper: 0.45mg (22.68%), Vitamin A: 1111.66IU (22.23%), Vitamin C: 16.61mg (20.13%), Iron: 3.34mg (18.57%), Fiber: 4.64g (18.55%), Vitamin E: 2.76mg (18.38%), Vitamin B6: 0.37mg (18.3%), Potassium: 622.37mg (17.78%), Zinc: 2.59mg (17.28%), Vitamin B2: 0.19mg (11.36%), Vitamin B1: 0.17mg (11.36%), Folate: 42.97µg (10.74%), Vitamin B5: 0.91mg (9.08%), Calcium: 60.48mg (6.05%)