



Italian tuna balls



Vegetarian



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



1176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 320 g olive oil drained canned (reserve a little oil)
- ☐ 1 small handful pinenuts
- ☐ 1 lemon zest freshly grated
- ☐ 1 small handful parsley roughly chopped
- ☐ 50 g breadcrumbs fresh
- ☐ 1 eggs beaten
- ☐ 400 g pasta like spaghetti
- ☐ 500 g pasta sauce

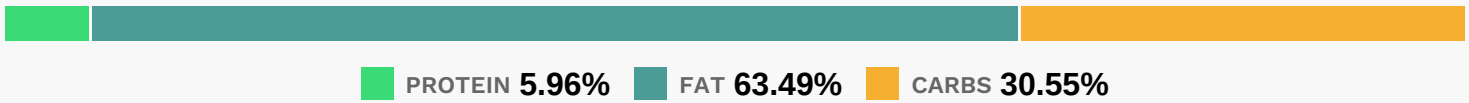
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Flake the tuna into a bowl, then tip in the pine nuts, lemon zest, parsley, breadcrumbs and egg. Season and mix together with your hands until completely combined.
- ☐ Roll the mix into 12 walnut-size balls. Put a large pan of salted water on to boil, then cook the spaghetti according to pack instructions.
- ☐ Heat a little of the tuna oil in a large non-stick frying pan, then fry the tuna balls for 5 mins, turning every minute or so until completely golden.
- ☐ Drain on kitchen paper.
- ☐ Heat the tomato sauce, then toss together with the pasta and tuna balls.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:32.17, Inflammation Score:-7, Nutrition Score:25.683478334676%

Flavonoids

Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 1176.05kcal (58.8%), Fat: 83.78g (128.89%), Saturated Fat: 11.88g (74.23%), Carbohydrates: 90.72g (30.24%), Net Carbohydrates: 84.88g (30.87%), Sugar: 8.02g (8.91%), Cholesterol: 40.92mg (13.64%), Sodium: 707.88mg (30.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.36%), Selenium: 70.49µg (100.7%), Vitamin E: 13.59mg (90.6%), Vitamin K: 69.15µg (65.86%), Manganese: 1.19mg (59.62%), Phosphorus: 267.35mg (26.74%), Copper: 0.48mg (23.94%), Fiber: 5.84g (23.35%), Iron: 3.83mg (21.29%), Magnesium: 79.8mg (19.95%), Vitamin B3: 3.81mg (19.03%), Potassium: 644.16mg (18.4%), Vitamin B1: 0.25mg (16.53%), Vitamin B6: 0.3mg (15.1%), Vitamin C: 12.02mg (14.57%), Vitamin B2: 0.24mg (14.39%), Vitamin A: 685.71IU (13.71%), Zinc: 2.04mg (13.59%), Folate: 49.6µg (12.4%), Vitamin B5: 1.06mg (10.64%), Calcium: 71.76mg (7.18%), Vitamin B12: 0.14µg

(2.36%), Vitamin D: 0.22µg (1.47%)