



WHATSheATE



HEALTH SCORE

56%

Italian Tuna with Bow Ties, Black Pepper, and Olive Oil



Dairy Free

READY IN



29 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cup basil fresh thinly sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 3 rib celery stalks sliced
- ☐ 1 cucumber peeled halved seeded sliced
- ☐ 0.3 cup olive oil extra virgin
- ☐ 8 ounces farfalle pasta

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 1 bell pepper red halved thinly sliced
- ☐ 0.3 onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 10 ounce albacore solid tuna white drained canned

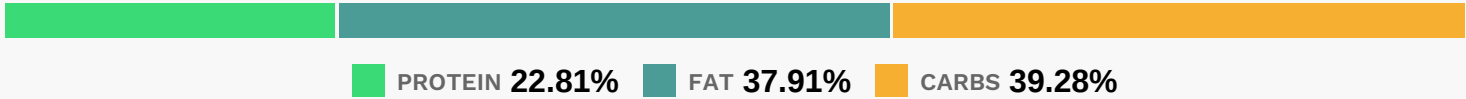
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta in boiling salted water according to package directions; drain.
- ☐ Meanwhile, whisk together olive oil and next 4 ingredients in a large bowl. Stir in celery and next 5 ingredients.
- ☐ Add hot pasta, and toss to coat. Stir in basil.
- ☐ Serve immediately, or chill until ready to eat.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:11.91, Inflammation Score:-8, Nutrition Score:18.783043550408%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 325.36kcal (16.27%), Fat: 13.64g (20.98%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 29.38g (10.68%), Sugar: 2.9g (3.22%), Cholesterol: 14.65mg (4.88%), Sodium: 423.23mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.92%), Selenium: 52.45µg (74.93%), Vitamin K: 63.85µg (60.81%), Vitamin C: 31.87mg (38.63%), Vitamin B3: 6.51mg (32.57%), Manganese: 0.58mg (29.02%), Vitamin A: 1303.19IU (26.06%), Phosphorus: 222.2mg (22.22%), Vitamin E: 2.87mg (19.14%), Vitamin B6: 0.37mg (18.41%), Vitamin B12: 1.04µg (17.32%), Magnesium: 53.73mg (13.43%), Copper: 0.27mg (13.31%), Potassium: 402.68mg (11.51%), Fiber: 2.42g (9.68%), Folate: 35.67µg (8.92%), Iron: 1.48mg (8.24%), Zinc: 1.01mg (6.7%), Vitamin B2: 0.1mg (6.07%), Vitamin B5: 0.56mg (5.62%), Vitamin B1: 0.08mg (5.09%), Calcium: 43.31mg (4.33%)