



Lemon spaghetti with tuna & broccoli



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g pasta like spaghetti
- ☐ 250 g broccoli cut into small florets
- ☐ 2 shallots finely chopped
- ☐ 85 g olive green pitted halved
- ☐ 2 tbsp caper drained
- ☐ 198 g tuna in oil canned
- ☐ 1 lemon zest
- ☐ 1 tbsp olive oil for drizzling

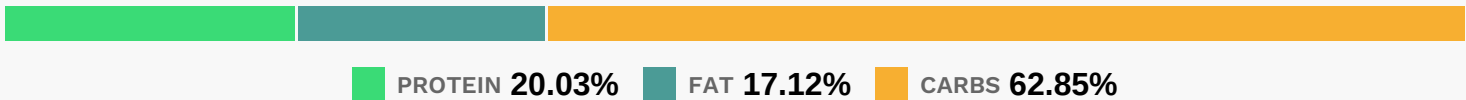
Equipment

☐ bowl

Directions

- ☐ Boil the spaghetti in salted water for 6 mins.
- ☐ Add the broccoli and boil for 4 mins more or until both are just tender.
- ☐ Meanwhile, mix the shallots, olives, capers, tuna and lemon zest and juice in a roomy serving bowl.
- ☐ Drain the pasta and broccoli, add to the bowl and toss really well with the olive oil and lots of black pepper.
- ☐ Serve with a little extra olive oil drizzled over.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:27.58, Inflammation Score:-8, Nutrition Score:25.036521807961%

Flavonoids

Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 10.55mg, Kaempferol: 10.55mg, Kaempferol: 10.55mg, Kaempferol: 10.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 462.87kcal (23.14%), Fat: 8.82g (13.57%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 72.89g (24.3%), Net Carbohydrates: 67.07g (24.39%), Sugar: 4.58g (5.09%), Cholesterol: 17.82mg (5.94%), Sodium: 586.51mg (25.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.47%), Selenium: 90.83µg (129.75%), Vitamin C: 58.87mg (71.36%), Vitamin K: 67.5µg (64.28%), Manganese: 0.98mg (49.14%), Vitamin B3: 6.91mg (34.53%), Phosphorus: 283.4mg (28.34%), Fiber: 5.82g (23.29%), Vitamin B6: 0.45mg (22.27%), Vitamin B12: 1.27µg (21.2%), Magnesium: 77.49mg (19.37%), Copper: 0.36mg (18.06%), Folate: 63.18µg (15.79%), Iron: 2.78mg (15.43%), Potassium: 534.58mg (15.27%), Vitamin E: 2.11mg (14.05%), Zinc: 1.89mg (12.62%), Vitamin B2: 0.18mg (10.43%), Vitamin A: 508.29IU (10.17%), Vitamin B1: 0.15mg (10.11%), Vitamin B5: 0.86mg (8.56%), Calcium: 76.1mg (7.61%), Vitamin D: 0.59µg (3.96%)