



Linguine with Italian Tuna and White Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 ounces cannellini beans rinsed drained canned
- ☐ 2 large cloves garlic chopped
- ☐ 0.5 optional: lemon thinly sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup parsley whole italian chopped for garnish
- ☐ 1 small onion red thinly sliced
- ☐ 1 teaspoon salt

- ☐ 8 ounces pkt spinach
- ☐ 8 ounces tuna italian canned packed in oil

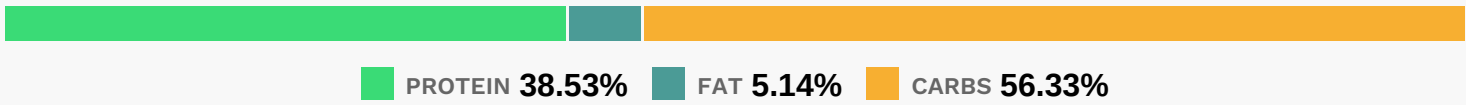
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta as directed on package; drain and rinse under coldwater.
- ☐ Drain tuna, reserving oil in a salad bowl; whisk juice, garlic, salt and pepper with oil. Flake tuna into same bowl.
- ☐ Add pasta, beans, onion and chopped parsley; toss gently to coat with dressing.
- ☐ Serve garnished with parsley leaves and lemon slices, if desired.
- ☐ calories, 6 grams fat, 1 gram saturated fat, 62 grams carbohydrate, 9 grams fiber, 26 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:6.7, Inflammation Score:-10, Nutrition Score:32.333478326383%

Flavonoids

Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 209.1kcal (10.45%), Fat: 1.24g (1.91%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 23.07g (8.39%), Sugar: 2.51g (2.79%), Cholesterol: 20.41mg (6.8%), Sodium: 761.68mg (33.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.92%), Vitamin K: 400.6µg (381.52%), Vitamin A: 5986.73IU (119.73%), Manganese: 1.18mg (58.93%), Selenium: 41.15µg (58.79%), Folate: 202.61µg (50.65%), Vitamin C: 41.47mg (50.26%), Iron: 6.33mg (35.18%), Vitamin B3: 6.33mg (31.63%), Magnesium: 121.36mg (30.34%), Fiber: 7.58g (30.34%), Potassium: 1024.32mg (29.27%), Vitamin B12: 1.46µg (24.29%), Vitamin B6: 0.45mg (22.43%), Phosphorus: 220.6mg (22.06%), Copper: 0.39mg (19.26%), Calcium: 169.23mg (16.92%), Vitamin E: 2.29mg (15.24%), Zinc: 2.03mg (13.53%), Vitamin B1: 0.19mg (12.98%), Vitamin B2: 0.21mg (12.64%), Vitamin D: 0.68µg (4.54%), Vitamin B5: 0.44mg (4.39%)