



## Linguine With Tuna and Sun-Dried Tomatoes

 Vegetarian

READY IN



26 min.

SERVINGS



6

CALORIES



541 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons basil strips fresh thin
- 3 oz olives black drained sliced canned
- 0.3 cup olive oil extra virgin
- 4 oz feta cheese crumbled
- 3 garlic cloves minced
- 16 oz pasta
- 0.3 cup pinenuts
- 7 oz sun-dried tomatoes in oil

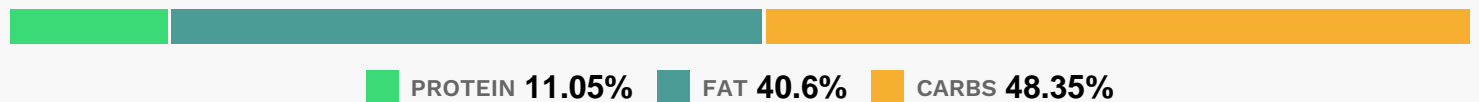
## Equipment

- bowl
- frying pan

## Directions

- Prepare linguine according to package directions.
- Drain tomatoes, reserving 2 Tbsp. oil.
- Cut tomatoes into thin strips.
- Heat pine nuts in a large nonstick skillet over medium-low heat, stirring often, 5 minutes or until toasted and fragrant.
- Remove nuts from skillet.
- Increase heat to medium, and saut garlic in 2 Tbsp. reserved oil and olive oil in skillet 1 minute or until garlic is fragrant. Stir in tomatoes, and remove from heat.
- Toss together tomato mixture, hot cooked pasta, tuna, olives, feta cheese, and basil in a large bowl.
- Sprinkle with toasted pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:28.17, Glycemic Load:23.04, Inflammation Score:-7, Nutrition Score:20.322173719821%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 541.36kcal (27.07%), Fat: 24.89g (38.29%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 66.69g (22.23%), Net Carbohydrates: 61.64g (22.41%), Sugar: 2.31g (2.57%), Cholesterol: 16.82mg (5.61%), Sodium: 529.67mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.5%), Selenium: 51.99µg

(74.27%), Manganese: 1.38mg (69.03%), Vitamin C: 34.3mg (41.58%), Phosphorus: 288.13mg (28.81%), Copper: 0.48mg (23.96%), Magnesium: 86.93mg (21.73%), Potassium: 745.52mg (21.3%), Vitamin B2: 0.35mg (20.44%), Fiber: 5.06g (20.22%), Vitamin E: 2.48mg (16.56%), Vitamin B6: 0.32mg (16.12%), Zinc: 2.26mg (15.06%), Vitamin B3: 2.97mg (14.85%), Iron: 2.47mg (13.72%), Calcium: 136.85mg (13.69%), Vitamin B1: 0.19mg (12.51%), Vitamin A: 597.73IU (11.95%), Vitamin K: 11.86µg (11.29%), Folate: 30.1µg (7.52%), Vitamin B5: 0.7mg (6.98%), Vitamin B12: 0.32µg (5.32%)