



Linguine with Tuna, Capers, and Olives

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces tuna packed in olive oil canned
- ☐ 1 tablespoon capers drained chopped
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 teaspoon sage dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup olives green chopped
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 0.8 pound pasta
- ☐ 2 tablespoons olive oil
- ☐ 0.8 teaspoon orange zest grated (from)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon red-wine vinegar

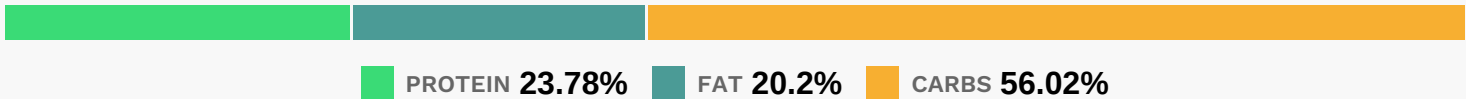
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium frying pan, heat the oil over moderately low heat.
- ☐ Add the garlic, sage, and rosemary and stir until the garlic just starts to brown, 2 to 3 minutes. Stir in the orange zest, capers, olives, salt, pepper, and the tuna with its oil.
- ☐ Remove from the heat; stir in the vinegar.
- ☐ In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes.
- ☐ Drain the pasta and toss with the tuna sauce and parsley.
- ☐ Tuna Packed in Oil: Here we use tuna packed in olive oil, and we count on that oil as part of the sauce. If your tuna doesn't have at least one-and-a-half tablespoons of oil per can, add a little more olive oil to make up the difference. Of course, you can use tuna packed in vegetable oil, too, but avoid water-packed tuna at all costs. The flavor, and most of the nutrients for that matter, leach out into the water.
- ☐ Wine Recommendation: A robust French ros from the southern Rhne appellation of Tavel will serve these Mediterranean ingredients well. Earthy and full of roasted raspberry flavor, Tavel is among the most full-bodied of ross. If you'd rather stick to the Italian theme, look for the wonderful Sicilian ros from Regaleali.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:25.77, Inflammation Score:-6, Nutrition Score:19.92000013849%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 471.56kcal (23.58%), Fat: 10.43g (16.04%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 65.05g (21.68%), Net Carbohydrates: 61.8g (22.47%), Sugar: 2.37g (2.63%), Cholesterol: 30.62mg (10.21%), Sodium: 670.78mg (29.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.21%), Selenium: 111.85µg (159.78%), Vitamin B3: 9.96mg (49.81%), Manganese: 0.86mg (42.79%), Vitamin B12: 2.19µg (36.43%), Vitamin K: 38.23µg (36.41%), Phosphorus: 282.73mg (28.27%), Vitamin B6: 0.43mg (21.35%), Magnesium: 68.16mg (17.04%), Copper: 0.32mg (15.82%), Iron: 2.83mg (15.7%), Fiber: 3.25g (13.02%), Zinc: 1.82mg (12.14%), Vitamin E: 1.74mg (11.61%), Potassium: 366.75mg (10.48%), Vitamin B2: 0.13mg (7.6%), Vitamin B1: 0.11mg (7.4%), Vitamin D: 1.02µg (6.8%), Folate: 22.7µg (5.68%), Vitamin B5: 0.52mg (5.2%), Vitamin A: 255.9IU (5.12%), Vitamin C: 3.97mg (4.81%), Calcium: 46.82mg (4.68%)