



HEALTH SCORE

64%

Linguine with Tuna, Capers, and Raisins



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



744 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup capers in brine packed drained (; from a 3-oz jar)
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 tablespoon garlic clove finely chopped
- ☐ 0.8 cup golden raisins
- ☐ 1 lb pasta dried
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 cup onion frozen chopped (from a 12-oz bag)

- ☐ 0.5 teaspoon salt
- ☐ 12 oz tuna in olive oil drained canned

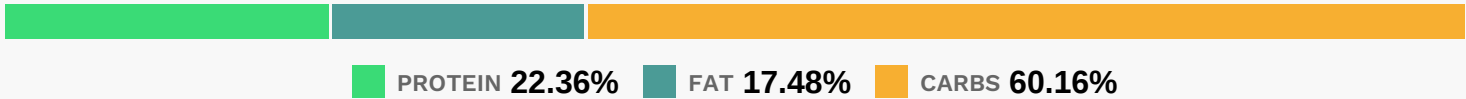
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook pasta in a 6- to 8-quart pot of boiling salted water until al dente. Reserve 1 cup pasta-cooking water, then drain pasta and return to pot.
- ☐ While pasta cooks, heat oil in a 12-inch heavy skillet over high heat until hot but not smoking and cook onions and garlic with salt and pepper, stirring occasionally, until golden, 6 to 8 minutes. Stir in tuna, capers, raisins, parsley, and reserved cooking water.
- ☐ Add tuna mixture to pasta, tossing to combine, and serve immediately.
- ☐ To save time, you can use pre-peeled garlic cloves, which many markets now sell.

Nutrition Facts



Properties

Glycemic Index:54.92, Glycemic Load:46.77, Inflammation Score:-9, Nutrition Score:31.09391299538%

Flavonoids

Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 20.27mg, Kaempferol: 20.27mg, Kaempferol: 20.27mg, Kaempferol: 20.27mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 33.99mg, Quercetin: 33.99mg, Quercetin: 33.99mg, Quercetin: 33.99mg

Nutrients (% of daily need)

Calories: 744.29kcal (37.21%), Fat: 14.46g (22.24%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 111.96g (37.32%), Net Carbohydrates: 105.78g (38.46%), Sugar: 20.96g (23.29%), Cholesterol: 15.31mg (5.1%), Sodium: 1064.64mg (46.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.6g (83.21%), Selenium: 137.17µg (195.95%), Vitamin K: 168.72µg (160.69%), Vitamin B3: 13.04mg (65.2%), Manganese: 1.26mg (63.07%), Phosphorus: 530.75mg

(53.08%), Vitamin D: 5.7µg (37.99%), Vitamin B12: 1.87µg (31.18%), Copper: 0.58mg (28.8%), Magnesium: 109.27mg (27.32%), Fiber: 6.18g (24.74%), Iron: 4.01mg (22.3%), Potassium: 747.33mg (21.35%), Vitamin B6: 0.43mg (21.28%), Vitamin C: 15.06mg (18.25%), Zinc: 2.67mg (17.81%), Vitamin B2: 0.26mg (15.46%), Vitamin A: 719.08IU (14.38%), Vitamin E: 1.87mg (12.47%), Folate: 47.92µg (11.98%), Vitamin B1: 0.17mg (11.21%), Vitamin B5: 0.94mg (9.38%), Calcium: 79.07mg (7.91%)