



## Linguine with Tuna, Olives, and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup tomatoes canned crushed
- 2 tablespoons capers
- 4 garlic cloves
- 0.8 pound pasta whole-wheat
- 6 oz oil-packed albacore tuna drained for pole- or troll-caught canned (look )
- 3 tablespoons olive oil
- 4 servings parsley chopped
- 12 pimento-stuffed olives green

- 4 servings salt to taste
- 1 serrano chile chopped

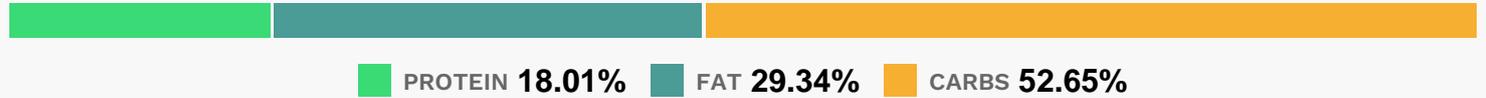
## Equipment

- food processor
- frying pan

## Directions

- Cook pasta as package directs, reserving 1/2 cup cooking water.
- Meanwhile, in a food processor, pulse olives, garlic, capers, and chile into a paste.
- In a large frying pan over medium heat, cook paste in olive oil, stirring, until slightly thickened.
- Add tomatoes, tuna, drained pasta, and reserved cooking water. Cook and stir a few minutes to blend flavors.
- Add parsley and salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:27.09, Inflammation Score:-7, Nutrition Score:22.685217380524%

## Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

## Nutrients (% of daily need)

Calories: 531.52kcal (26.58%), Fat: 17.31g (26.64%), Saturated Fat: 2.51g (15.72%), Carbohydrates: 69.92g (23.31%), Net Carbohydrates: 65.27g (23.74%), Sugar: 5.14g (5.71%), Cholesterol: 13.18mg (4.39%), Sodium: 748.22mg (32.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.84%), Selenium: 80.26µg (114.66%), Vitamin K: 79.53µg (75.74%), Manganese: 0.96mg (48.02%), Vitamin B3: 7.31mg (36.55%), Phosphorus: 302.03mg (30.2%), Vitamin E: 3.88mg (25.83%), Copper: 0.46mg (22.91%), Vitamin B6: 0.45mg (22.37%), Magnesium: 77.36mg (19.34%), Fiber: 4.65g (18.58%), Potassium: 554.08mg (15.83%), Vitamin B12: 0.94µg (15.59%), Vitamin C:

12.67mg (15.35%), Iron: 2.67mg (14.81%), Zinc: 1.66mg (11.08%), Vitamin A: 540.84IU (10.82%), Vitamin B1: 0.14mg (9.51%), Folate: 33.1µg (8.27%), Vitamin B2: 0.13mg (7.7%), Vitamin B5: 0.73mg (7.33%), Calcium: 59.31mg (5.93%)