



Linguine with Tuna Puttanesca

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 basil leaves plus more for garnish
- 5 ounce albacore tuna packed in olive oil canned
- 28 ounce canned tomatoes canned
- 2 tablespoons capers drained
- 4 cloves garlic thinly sliced
- 0.5 cup kalamata olives roughly chopped
- 4 servings kosher salt
- 12 ounces pasta

- 2 tablespoons olive oil extra-virgin
- 4 servings pepper freshly ground
- 0.3 teaspoon pepper flakes red

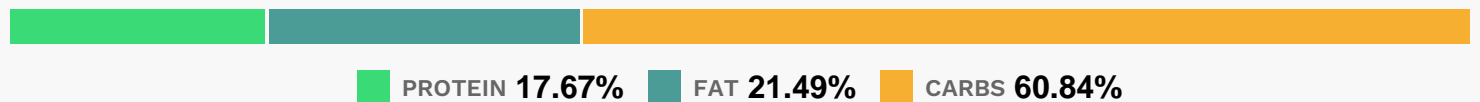
Equipment

- frying pan
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add the linguine and cook until al dente.
- Meanwhile, heat the olive oil in a large skillet over medium heat.
- Add the garlic and red pepper flakes and cook, stirring, until slightly toasted, 1 to 2 minutes.
- Add the capers and olives and fry 2 more minutes. Crush the tomatoes into the skillet with your hands and reserve the juices. Cook until the tomatoes are slightly dry, about 2 minutes.
- Add the reserved tomato juices, the basil, and salt to taste and cook until the sauce thickens, 1 to 2 minutes.
- Add the tuna with its oil, breaking it up with a fork, and season with salt.
- Drain the pasta, reserving 1/2 cup cooking water, and return it to the pot.
- Add the sauce and the reserved cooking water and toss. Season with pepper and garnish with more basil.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:29.89, Inflammation Score:-7, Nutrition Score:24.043478405994%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 516.83kcal (25.84%), Fat: 12.55g (19.3%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 79.95g (26.65%), Net Carbohydrates: 72.63g (26.41%), Sugar: 11.15g (12.39%), Cholesterol: 14.88mg (4.96%), Sodium: 971.19mg (42.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.21g (46.43%), Selenium: 78.88µg (112.69%), Manganese: 1.22mg (61.15%), Copper: 0.67mg (33.56%), Vitamin E: 4.62mg (30.77%), Phosphorus: 307.56mg (30.76%), Vitamin B3: 6.03mg (30.16%), Fiber: 7.32g (29.26%), Vitamin B6: 0.54mg (27.11%), Magnesium: 101mg (25.25%), Potassium: 880.87mg (25.17%), Iron: 4.31mg (23.97%), Vitamin C: 19.44mg (23.56%), Vitamin K: 18.93µg (18.03%), Vitamin B1: 0.24mg (15.94%), Zinc: 1.97mg (13.13%), Vitamin A: 564.57IU (11.29%), Folate: 43.66µg (10.91%), Calcium: 107.85mg (10.79%), Vitamin B2: 0.18mg (10.68%), Vitamin B5: 0.99mg (9.88%), Vitamin B12: 0.41µg (6.91%), Vitamin D: 0.71µg (4.72%)