



Linguine with tuna sauce

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



699 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 3 tbsp parsley fresh chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1 to 5 chilies red deseeded finely chopped
- ☐ 4 servings ginger fresh peeled finely chopped
- ☐ 450 g tomatoes (passata)
- ☐ 400 g tuna in olive oil flaked drained canned
- ☐ 375 g pasta

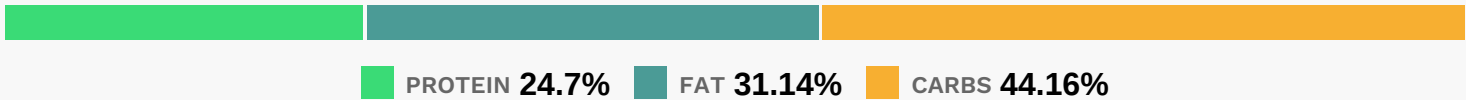
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a medium pan. Toss in 2 tbsp of the parsley, the garlic, chilli and ginger and fry for a few minutes until slightly soft. Tip in the tomatoes and cook for another few minutes. Fold in the tuna and season the sauce generously. Leave the sauce to simmer for 10 minutes.
- ☐ Boil the pasta: Meanwhile, cook the pasta for 8–10 minutes, or as directed on the pack.
- ☐ Drain, then return to the pan.
- ☐ Pour the tuna sauce into the pasta and toss well.
- ☐ Sprinkle over the remaining parsley, divide between four bowls and serve.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:29.88, Inflammation Score:-9, Nutrition Score:32.572608533113%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 699.18kcal (34.96%), Fat: 23.95g (36.84%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 76.4g (25.47%), Net Carbohydrates: 71.72g (26.08%), Sugar: 6.13g (6.81%), Cholesterol: 18mg (6%), Sodium: 430.65mg (18.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.74g (85.48%), Selenium: 135.54µg (193.62%), Vitamin K: 109.75µg (104.53%), Vitamin B3: 14.86mg (74.32%), Manganese: 1.06mg (52.91%), Phosphorus: 524.65mg (52.47%), Vitamin D: 6.7µg (44.67%), Vitamin C: 35.94mg (43.56%), Vitamin B12: 2.2µg (36.67%), Vitamin A: 1361.44IU (27.23%), Vitamin E: 3.7mg (24.68%), Magnesium: 98.31mg (24.58%), Copper: 0.44mg (21.8%), Potassium: 749.16mg (21.4%), Vitamin B6: 0.41mg (20.72%), Fiber: 4.68g (18.74%), Iron: 3.32mg (18.45%), Zinc:

2.5mg (16.65%), Vitamin B2: 0.21mg (12.5%), Vitamin B1: 0.18mg (11.87%), Folate: 45.93µg (11.48%), Vitamin B5: 0.92mg (9.21%), Calcium: 52.62mg (5.26%)