



WHATSheATE



Mediterranean Tuna Linguine



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



28 ounces canned tomatoes crushed canned



0.3 cup celery finely chopped



3 cloves garlic finely chopped



0.3 cup kalamata olives pitted quartered



8 ounces pasta uncooked



1 sprigs parsley fresh italian



0.3 teaspoon pepper freshly ground



1 tablespoon vegetable oil

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9 ounces water-packed tuna drained canned

Equipment

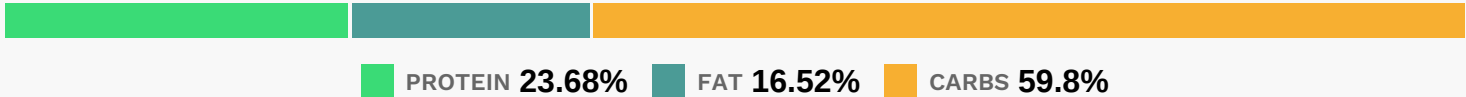
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frying pan

Directions

- ☐ Cook and drain linguine as directed on package.
- ☐ While linguine is cooking, heat oil in 10-inch skillet over medium-high heat.
- ☐ Add celery; cook 2 to 3 minutes, stirring frequently, until celery begins to soften.
- ☐ Add garlic; cook and stir 30 seconds.
- ☐ Stir in tomatoes, tuna and pepper. Cook 5 to 8 minutes, stirring frequently, until slightly thickened. Stir in olives. Cook 2 to 3 minutes or until hot.
- ☐ Serve sauce over linguine.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:21.34, Inflammation Score:-7, Nutrition Score:24.36565198069%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 382.27kcal (19.11%), Fat: 7.16g (11.02%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 52.17g (18.97%), Sugar: 10.42g (11.57%), Cholesterol: 22.96mg (7.65%), Sodium: 586.14mg (25.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.18%), Selenium: 80.72µg (115.32%), Vitamin B3: 9.78mg (48.92%), Manganese: 0.96mg (47.78%), Vitamin B6: 0.62mg (30.95%), Copper: 0.58mg (29.11%), Vitamin B12: 1.64µg (27.32%), Phosphorus: 263.8mg (26.38%), Iron: 4.52mg (25.09%), Fiber: 6.14g (24.58%), Potassium: 853.36mg (24.38%), Vitamin C: 19.49mg (23.62%), Vitamin E: 3.48mg (23.21%), Vitamin K: 23.3µg (22.19%),

Magnesium: 87.24mg (21.81%), Vitamin B1: 0.23mg (15.17%), Zinc: 1.8mg (11.99%), Vitamin B2: 0.2mg (11.58%), Vitamin A: 557.52IU (11.15%), Calcium: 104.21mg (10.42%), Folate: 41.63µg (10.41%), Vitamin B5: 0.92mg (9.25%), Vitamin D: 0.77µg (5.1%)