



WHATSheATE



Pasta salad with tuna, capers & balsamic dressing

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



590 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g orecchiette
- ☐ 225 g water-packed tuna drained
- ☐ 1 tbsp caper drained
- ☐ 15 pasilla peppers
- ☐ 1 celery sliced
- ☐ 140 g cherry tomatoes
- ☐ 75 ml balsamic vinegar

- ☐ 3 tbsp olive oil extra virgin extra-virgin
- ☐ 100 g arugula
- ☐ 1 handful basil fresh

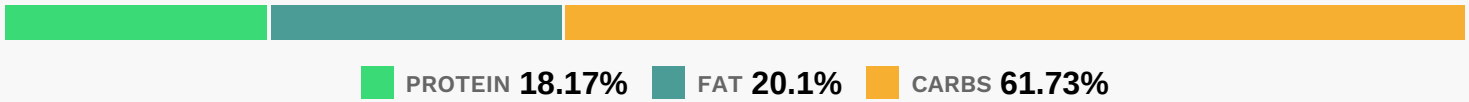
Equipment

- ☐ bowl

Directions

- ☐ Cook the pasta following pack instructions, then drain and rinse in cold water. After draining again, transfer to a large bowl.
- ☐ Add the remaining ingredients except the basil, season well, and toss to combine. Scatter with basil and serve.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:29.51, Inflammation Score:-10, Nutrition Score:38.063912889232%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 21.14mg, Luteolin: 21.14mg, Luteolin: 21.14mg, Luteolin: 21.14mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 11.84mg, Kaempferol: 11.84mg, Kaempferol: 11.84mg, Kaempferol: 11.84mg Quercetin: 15.84mg, Quercetin: 15.84mg, Quercetin: 15.84mg, Quercetin: 15.84mg

Nutrients (% of daily need)

Calories: 589.66kcal (29.48%), Fat: 13.35g (20.54%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 92.26g (30.75%), Net Carbohydrates: 80.99g (29.45%), Sugar: 17.6g (19.55%), Cholesterol: 20.25mg (6.75%), Sodium: 224.84mg (9.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.15g (54.29%), Vitamin C: 371.01mg (449.71%), Selenium: 93.75µg (133.94%), Manganese: 1.52mg (75.93%), Vitamin K: 73.31µg (69.82%), Vitamin B6: 1.36mg (67.92%), Vitamin A: 2521.83IU (50.44%), Vitamin B3: 9.52mg (47.61%), Fiber: 11.27g (45.07%), Potassium: 1294.69mg (36.99%), Phosphorus: 361.22mg (36.12%), Copper: 0.64mg (31.92%), Magnesium: 123.39mg (30.85%), Vitamin E: 3.8mg (25.32%), Vitamin B1: 0.38mg (25.08%), Iron: 4.47mg (24.85%), Vitamin B12: 1.45µg (24.09%), Folate: 95.86µg (23.96%), Zinc: 2.39mg (15.94%), Vitamin B2: 0.26mg (15.4%), Calcium: 128.28mg (12.83%), Vitamin B5: 1.08mg (10.83%), Vitamin D: 0.68µg (4.5%)