



Pasta with Pea Pesto and Tuna Balls

READY IN



45 min.

SERVINGS



4

CALORIES



995 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup asiago cheese grated
- ☐ 0.8 cup bread crumbs
- ☐ 2 large eggs beaten
- ☐ 1 garlic clove
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon juice of lime freshly squeezed
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup onion finely chopped

- ☐ 1 pound soup noodles your favorite
- ☐ 10 ounce peas frozen
- ☐ 4 servings salt and pepper
- ☐ 14 ounce tuna cans drained
- ☐ 0.5 cup walnuts
- ☐ 1 teaspoon mustard yellow

Equipment

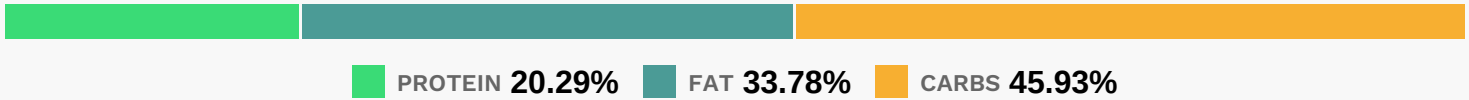
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Place the tuna, onions, mustard, lime juice, eggs, garlic powder, salt, pepper and the bread crumbs into a medium mixing bowl and stir to combine. Divide the mixture into balls and set aside on a parchment lined pan. Allow to rest for 15 minutes.
- ☐ Heat enough olive oil to cover the bottom of a saute pan over medium heat.
- ☐ Add the tuna balls and cook 2 to 3 minutes on each side or until golden brown.
- ☐ Remove to a plate lined with paper towels. Set aside. To make the Pea-Pesto: Pulse together the peas, Asiago, garlic and walnuts in a food processor. With the machine running, slowly add the olive oil until well combined. Season with salt and pepper, if needed.
- ☐ Transfer to a small bowl and set aside. To make the pasta: Bring a large pot of water to a boil over high heat.
- ☐ Add the 2 Tbs. salt and the pasta to the boiling water. Cook, stirring occasionally to prevent sticking, until al dente, according to the package instructions.
- ☐ Drain, reserving about 1/2 cup of the cooking water. In a serving bowl, mix 1/4 cup of the cooking water with 2 cups of the pesto. Store the rest for another use.

- ☐ Add the drained pasta and toss to combine.
- ☐ Add as much of the remaining cooking water as needed to loosen the sauce.
- ☐ Serve with tuna ball on top.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:37.37, Inflammation Score:-9, Nutrition Score:38.892174140267%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 994.56kcal (49.73%), Fat: 37.21g (57.25%), Saturated Fat: 7.05g (44.09%), Carbohydrates: 113.87g (37.96%), Net Carbohydrates: 104.04g (37.83%), Sugar: 9.45g (10.49%), Cholesterol: 137.22mg (45.74%), Sodium: 820.52mg (35.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.29g (100.57%), Selenium: 157.16µg (224.51%), Manganese: 2.08mg (103.89%), Vitamin B3: 14.84mg (74.21%), Phosphorus: 653.72mg (65.37%), Vitamin B12: 2.99µg (49.89%), Copper: 0.82mg (40.77%), Vitamin B1: 0.59mg (39.43%), Fiber: 9.83g (39.33%), Vitamin B6: 0.78mg (39.13%), Vitamin C: 31.35mg (38%), Magnesium: 148.89mg (37.22%), Iron: 6.29mg (34.93%), Zinc: 4.59mg (30.58%), Folate: 122.05µg (30.51%), Vitamin B2: 0.51mg (29.86%), Vitamin K: 30.82µg (29.36%), Calcium: 278.08mg (27.81%), Vitamin E: 3.56mg (23.74%), Potassium: 777.89mg (22.23%), Vitamin A: 836.3IU (16.73%), Vitamin B5: 1.37mg (13.73%), Vitamin D: 1.75µg (11.69%)