



Pasta With Tuna

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons flour
- 1 cup spring onion chopped
- 1.3 cups skim milk
- 2 tablespoons olive oil
- 2 tablespoons onion minced
- 0.3 cup parmesan grated
- 1 cup parsley fresh chopped
- 8 ounces soup noodles

- 1 cup peas frozen thawed
- 1 hot sauce hot
- 6.5 ounces water-packed tuna drained

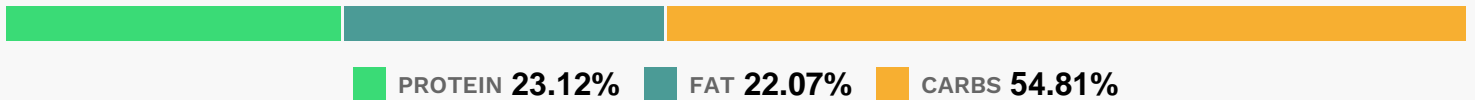
Equipment

- sauce pan
- whisk
- pot

Directions

- Cook pasta in a large pot of boiling water until al dente.
- Drain and return to warm pot. Put olive oil in saucepan and add onion.
- Saute until transparent. Stir in flour and cook for a few seconds and then whisk in milk. Stir constantly until this thickens.
- Add peas, tuna (shredded into chunks,) parsley, green onions, cheese and hot pepper sauce.
- Pour over pasta and stir gently to mix.
- Serve at once.

Nutrition Facts



Properties

Glycemic Index:78.15, Glycemic Load:22.42, Inflammation Score:-9, Nutrition Score:28.760434782609%

Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Taste

Sweetness: 80.44%, Saltiness: 67.82%, Sourness: 42%, Bitterness: 35.07%, Savoriness: 77.12%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 422.67kcal (21.13%), Fat: 10.32g (15.87%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 57.66g (19.22%), Net Carbohydrates: 52.44g (19.07%), Sugar: 8.42g (9.36%), Cholesterol: 23.13mg (7.71%), Sodium: 257.04mg (11.18%), Protein: 24.32g (48.64%), Vitamin K: 311.25µg (296.43%), Selenium: 72.12µg (103.03%), Vitamin C: 39.71mg (48.13%), Vitamin A: 2021.93IU (40.44%), Manganese: 0.78mg (38.85%), Phosphorus: 358.2mg (35.82%), Vitamin B3: 6.95mg (34.77%), Vitamin B12: 1.7µg (28.38%), Calcium: 244.83mg (24.48%), Folate: 84.21µg (21.05%), Fiber: 5.21g (20.85%), Iron: 3.62mg (20.09%), Magnesium: 78.38mg (19.6%), Vitamin B6: 0.38mg (18.8%), Vitamin B1: 0.27mg (17.67%), Vitamin B2: 0.3mg (17.38%), Potassium: 593.42mg (16.95%), Zinc: 2.36mg (15.75%), Copper: 0.3mg (15.19%), Vitamin E: 1.54mg (10.25%), Vitamin D: 1.43µg (9.51%), Vitamin B5: 0.75mg (7.53%)