



Pasta with Tuna and Arugula



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces fettuccine barilla dried
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon pepper flakes red hot to taste (more)
- ☐ 12 ounce tuna packed in olive oil, drained canned
- ☐ 4 servings salt
- ☐ 5 ounces baby arugula

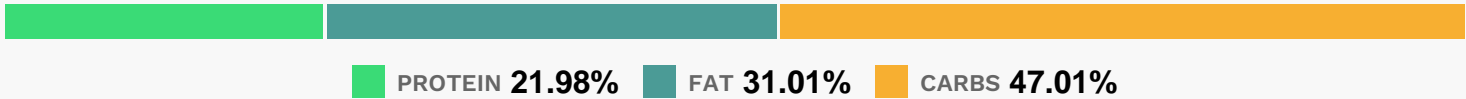
Equipment

- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Cook pasta: Bring a large pot of salted water (1 Tbsp salt for every 2 quarts of water) to a rolling boil.
- ☐ Add the pasta, return to a rolling boil, and boil uncovered until the pasta is al dente, cooked, but still a little firm to the bite.
- ☐ Cook garlic and red pepper flakes in olive oil; add tuna, salt: While the pasta is cooking, heat the olive oil in a large skillet on medium-low heat.
- ☐ Add the garlic and hot pepper flakes and cook until garlic is fragrant.
- ☐ Add the tuna and shred it into fine flakes with a fork. Season with salt. Keep warm over low heat.
- ☐ Set aside a cup of pasta water: Just before the pasta is ready, set aside 1 cup of boiling water. You'll need this to add back to the pasta dish to keep it from getting too dry.
- ☐ Combine pasta with tuna mixture, arugula, and some pasta water:
- ☐ Drain the pasta and depending on the size of your pan, either add it to the skillet with the tuna, or return the pasta to the pasta pot and add the tuna mixture to the pasta.
- ☐ Add the arugula and use tongs to toss together with the pasta and tuna.
- ☐ Add some of the hot reserved pasta water to help loosen the pasta.
- ☐ The arugula will wilt as you toss the pasta and tuna with it.
- ☐ Add more pasta water as needed.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:25.81, Inflammation Score:-8, Nutrition Score:24.156956714133%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 533.74kcal (26.69%), Fat: 18.33g (28.19%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 62.5g (20.83%), Net Carbohydrates: 59.08g (21.48%), Sugar: 2.34g (2.61%), Cholesterol: 102.06mg (34.02%), Sodium: 409.02mg (17.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.22g (58.44%), Selenium: 125.01µg (178.59%), Vitamin B3: 10.35mg (51.74%), Vitamin K: 47.44µg (45.18%), Manganese: 0.88mg (44.19%), Vitamin B12: 2.43µg (40.54%), Phosphorus: 342.39mg (34.24%), Vitamin B6: 0.5mg (25.08%), Magnesium: 86.02mg (21.5%), Iron: 3.67mg (20.37%), Vitamin A: 960.79IU (19.22%), Vitamin E: 2.72mg (18.11%), Copper: 0.33mg (16.28%), Zinc: 2.38mg (15.88%), Folate: 62.5µg (15.63%), Potassium: 495.37mg (14.15%), Fiber: 3.43g (13.71%), Vitamin B1: 0.19mg (12.59%), Vitamin B5: 1.07mg (10.66%), Vitamin B2: 0.18mg (10.53%), Calcium: 104.95mg (10.5%), Vitamin D: 1.28µg (8.5%), Vitamin C: 5.78mg (7.01%)