



WHATSheATE



Pasta with Tuna and Capers in White Wine Sauce



Dairy Free



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 servings salt
- ☐ 4 ounces spaghetti pasta (farfalle)
- ☐ 2 tablespoons olive oil extra virgin plus more)
- ☐ 0.5 medium onion chopped
- ☐ 1 pinch chili pepper flakes
- ☐ 6 ounce tuna packed in olive oil, drained canned
- ☐ 1 tablespoon capers

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons flat parsley chopped
- ☐ 2 servings pepper black freshly ground

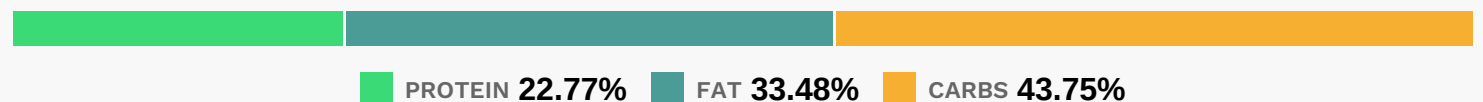
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook the pasta: Bring a large pot of water to a boil, add salt (1 1/2 teaspoons for every quart of water), return to a boil.
- ☐ Add the pasta and cook according to package directions until cooked through, but still firm (al dente).
- ☐ Cook the onions and chili pepper flakes: While the water is coming to a boil and the pasta is cooking, prepare the rest of the recipe. In a large, wide sauté pan, heat a couple tablespoons of olive oil on medium heat.
- ☐ Add the chopped onion and chili pepper flakes and cook until translucent, about 5 minutes or so.
- ☐ Mix in the canned tuna, the capers, and the salt.
- ☐ Add the wine, bring to a simmer then lower the heat to low. Cook for 10 minutes or longer, while the pasta is cooking. If the mixture begins to dry out, add a little more wine.
- ☐ Add the drained pasta to the tuna mixture: When the pasta is ready, drain it and add it in to the pan with the tuna. Toss to mix.
- ☐ Drizzle on a bit more olive oil over it all, then add the chopped parsley and a few grinds of black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:96.5, Glycemic Load:17.77, Inflammation Score:-7, Nutrition Score:20.645652086838%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg

Nutrients (% of daily need)

Calories: 449.07kcal (22.45%), Fat: 15.75g (24.24%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 43.74g (15.9%), Sugar: 3.05g (3.38%), Cholesterol: 30.62mg (10.21%), Sodium: 790.08mg (34.35%), Alcohol: 3.09g (100%), Alcohol %: 1.76% (100%), Protein: 24.11g (48.22%), Selenium: 93.72µg (133.89%), Vitamin K: 75.7µg (72.1%), Vitamin B3: 9.55mg (47.75%), Vitamin B12: 2.19µg (36.43%), Manganese: 0.63mg (31.56%), Phosphorus: 240.15mg (24.01%), Vitamin B6: 0.41mg (20.4%), Vitamin E: 2.43mg (16.23%), Iron: 2.71mg (15.05%), Magnesium: 58.98mg (14.75%), Copper: 0.24mg (11.99%), Potassium: 364.51mg (10.41%), Fiber: 2.57g (10.3%), Zinc: 1.5mg (10.02%), Vitamin C: 8.25mg (9.99%), Vitamin A: 396.81IU (7.94%), Vitamin B2: 0.13mg (7.4%), Vitamin D: 1.02µg (6.8%), Folate: 26.26µg (6.57%), Vitamin B1: 0.1mg (6.35%), Calcium: 44.31mg (4.43%), Vitamin B5: 0.44mg (4.37%)