



Pasta With Tuna Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce canned tomatoes crushed canned
- 12 ounce tuna drained canned
- 1 tablespoon capers
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic crushed
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 1 onion chopped

- 16 ounce soup noodles dry
- 0.3 teaspoon pepper flakes red

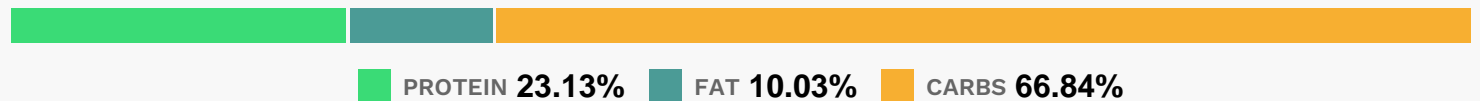
Equipment

- frying pan
- pot

Directions

- In a large saute pan, heat oil over low heat.
- Add onion and garlic; cook and stir until onion is tender. Stir in capers, tomatoes, lemon juice, and parsley. Season with red pepper flakes to taste. Simmer gently for 3 minutes to thicken sauce. Fold in tuna, and heat through.
- While sauce is cooking, add pasta to a large pot of rapidly boiling water; cook till just tender.
- Drain well.
- Toss pasta with sauce, and serve.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:24.57, Inflammation Score:-6, Nutrition Score:18.897826174031%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 384.21kcal (19.21%), Fat: 4.26g (6.55%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 63.85g (21.28%), Net Carbohydrates: 59.7g (21.71%), Sugar: 5.9g (6.56%), Cholesterol: 20.41mg (6.8%), Sodium: 258.78mg (11.25%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.18%), Selenium: 86.9µg (124.14%), Manganese: 0.87mg (43.68%), Vitamin B3: 7.8mg (39.02%), Phosphorus: 250.3mg (25.03%), Vitamin B12: 1.46µg (24.29%), Vitamin B6: 0.43mg (21.49%), Copper: 0.39mg (19.42%), Magnesium: 69.94mg (17.49%), Fiber: 4.15g (16.62%), Iron: 2.97mg (16.49%), Vitamin K: 16.66µg (15.87%), Potassium: 508.34mg (14.52%), Vitamin C: 9.88mg (11.98%), Zinc: 1.68mg (11.23%), Vitamin E: 1.52mg (10.13%), Vitamin B1: 0.15mg (9.9%), Vitamin B2: 0.14mg (8.07%), Folate: 30.14µg (7.53%), Vitamin B5: 0.64mg (6.36%), Calcium: 57.3mg (5.73%), Vitamin A: 262.93IU (5.26%), Vitamin D: 0.68µg (4.54%)