



Penne with Tuna and Fresh Tomato Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper red crushed to taste
- ☐ 3 tablespoons sage fresh chopped
- ☐ 5 garlic cloves minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 7 oz all-white tuna packed in water, drained chunk canned
- ☐ 4 cups tomatoes ripe chopped
- ☐ 12 ounces penne pasta whole-wheat

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1 medium zucchini with a vegetable peeler sliced lengthwise

Equipment

☐

frying pan

☐

pot

Directions

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Cook pasta according to package directions in salted water; reserve 2 TBSP cooking water.

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Drain pasta and return to pot.

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In large skillet, heat oil over medium heat.

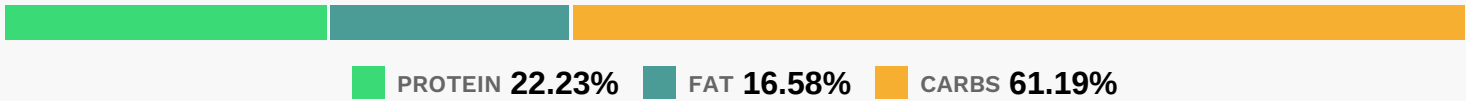
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Add garlic; cook until fragrant (1 minute). Stir in tomatoes, salt, crushed red pepper, and sage. Cook over medium-high heat, stirring and pressing down occasionally, until juicy (5 minutes). Stir in tuna and zucchini. Cook 5 minutes. Toss with pasta and reserved cooking water.

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Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:19.514347895332%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 409.99kcal (20.5%), Fat: 7.37g (11.34%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 52.8g (19.2%), Sugar: 5.76g (6.4%), Cholesterol: 20.04mg (6.68%), Sodium: 601.02mg (26.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Copper: 13.77mg (688.39%), Selenium: 35.1µg (50.14%), Manganese: 0.7mg (34.9%), Fiber: 8.41g (33.64%), Vitamin B3: 5.87mg (29.33%), Vitamin A: 1378.23IU (27.56%), Vitamin C: 21.61mg (26.19%), Vitamin B12: 1.31µg (21.81%), Vitamin B6: 0.33mg (16.6%), Potassium: 484.8mg (13.85%), Vitamin K: 14.35µg (13.66%), Phosphorus: 127.88mg (12.79%), Vitamin E: 1.58mg (10.56%), Iron: 1.88mg (10.43%), Magnesium: 37.71mg (9.43%), Calcium: 83.41mg (8.34%), Folate: 24.74µg (6.18%), Vitamin B1: 0.09mg (6.16%), Zinc: 0.83mg (5.53%), Vitamin B2: 0.09mg (5.29%), Vitamin D: 0.61µg (4.05%), Vitamin B5:

0.24mg (2.39%)