



WHATSheATE



Penne with Tuna, Capers and Beans

READY IN



20 min.

SERVINGS



5

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 leaves basil fresh
- ☐ 15.5 oz cannellini beans drained and rinsed canned
- ☐ 5 oz tuna packed in oil, not drained canned
- ☐ 2 tablespoons capers chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parmesan grated
- ☐ 12 ounces penne pasta
- ☐ 5 servings salt and pepper

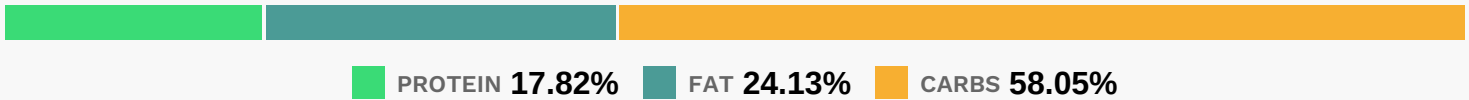
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add pasta and cook until al dente, about 11 minutes or as package label directs.
- ☐ Put tuna and oil from can into a small heatproof bowl and gently flake with a fork.
- ☐ Add beans, capers and lemon juice. Stir to combine, taking care not to crush beans. Ladle in 1/2 cup of boiling water from pot with pasta.
- ☐ Drain pasta and return to pot.
- ☐ Add tuna mixture and olive oil; toss gently.
- ☐ Sprinkle with grated Parmesan, top with basil and serve warm.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:24.91, Inflammation Score:-5, Nutrition Score:18.43217380928%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 482.64kcal (24.13%), Fat: 12.9g (19.84%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 69.82g (23.27%), Net Carbohydrates: 63.31g (23.02%), Sugar: 2.15g (2.39%), Cholesterol: 11.57mg (3.86%), Sodium: 385.24mg (16.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.88%), Selenium: 64.12µg (91.6%),

Manganese: 1.09mg (54.33%), Phosphorus: 261.82mg (26.18%), Fiber: 6.51g (26.02%), Iron: 4.12mg (22.9%),
Magnesium: 89.53mg (22.38%), Copper: 0.43mg (21.38%), Vitamin B3: 4.1mg (20.49%), Folate: 71.85µg (17.96%),
Potassium: 606.24mg (17.32%), Vitamin E: 2.45mg (16.36%), Zinc: 2.2mg (14.66%), Vitamin B6: 0.26mg (12.84%),
Vitamin B12: 0.75µg (12.54%), Calcium: 109.03mg (10.9%), Vitamin B1: 0.16mg (10.4%), Vitamin K: 10.41µg (9.92%),
Vitamin B2: 0.11mg (6.36%), Vitamin B5: 0.51mg (5.11%), Vitamin D: 0.35µg (2.33%), Vitamin C: 0.93mg (1.13%)