



Renaissance of Tuna Casserole

READY IN



25 min.

SERVINGS



4

CALORIES



796 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil fresh shredded
- ☐ 4 servings bell pepper black
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 pound fettuccine barilla
- ☐ 4 cloves garlic finely chopped
- ☐ 0.5 cup heavy cream
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 small onion chopped
- ☐ 2 handfuls couple parmigiano-reggiano grated

- ☐ 0.5 cup peas frozen
- ☐ 4 servings salt
- ☐ 0.5 cup tender sun-dried tomatoes thinly sliced
- ☐ 12 ounce tuna in water italian drained canned

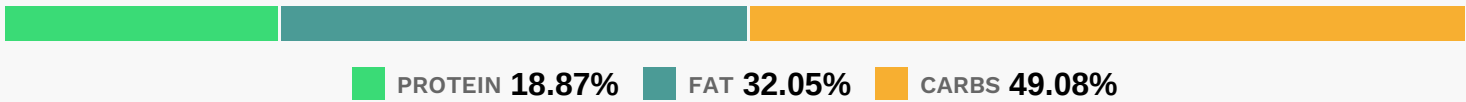
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place pasta water on to boil. Salt water then add pasta and cook to al dente.
- ☐ While pasta cooks, heat a deep skillet over medium heat with extra-virgin olive oil.
- ☐ Saute garlic and onions until tender, 4 to 5 minutes.
- ☐ Add tuna and sun-dried tomatoes and stir to heat through, another 1 to 2 minutes.
- ☐ Add wine and cook it down a minute then add cream and season sauce with salt and pepper. Toss hot pasta and peas with sauce and cheese.
- ☐ Serve on dinner plates and top with shredded basil.

Nutrition Facts



Properties

Glycemic Index:79.83, Glycemic Load:37.22, Inflammation Score:-9, Nutrition Score:32.358260984006%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 795.78kcal (39.79%), Fat: 27.76g (42.71%), Saturated Fat: 9.99g (62.42%), Carbohydrates: 95.66g (31.89%), Net Carbohydrates: 88.71g (32.26%), Sugar: 10.28g (11.42%), Cholesterol: 159.83mg (53.28%), Sodium: 438.7mg (19.07%), Alcohol: 3.09g (100%), Alcohol %: 1.19% (100%), Protein: 36.76g (73.53%), Selenium: 149.68µg (213.82%), Manganese: 1.5mg (75.21%), Vitamin B3: 12.59mg (62.95%), Phosphorus: 497.64mg (49.76%), Vitamin B12: 2.57µg (42.8%), Vitamin K: 43.73µg (41.65%), Vitamin B6: 0.69mg (34.35%), Copper: 0.65mg (32.49%), Magnesium: 129.81mg (32.45%), Iron: 5.55mg (30.86%), Potassium: 1049mg (29.97%), Fiber: 6.95g (27.79%), Vitamin B1: 0.36mg (24.2%), Zinc: 3.47mg (23.15%), Vitamin A: 1136.51IU (22.73%), Vitamin B2: 0.34mg (19.87%), Vitamin C: 16.13mg (19.55%), Vitamin E: 2.57mg (17.11%), Folate: 66.46µg (16.61%), Vitamin B5: 1.61mg (16.11%), Calcium: 123.65mg (12.37%), Vitamin D: 1.84µg (12.26%)