



WHATSheATE



HEALTH SCORE

60%

Spaghetti with tomato, chilli & tuna salsa



Dairy Free



Very Healthy

READY IN



22 min.

SERVINGS



4

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g pasta like spaghetti
- ☐ 1 small onion red
- ☐ 500 g tomatoes fresh
- ☐ 2 tbsp olive oil
- ☐ 1 to 5 chillies red
- ☐ 140 g tuna in brine drained canned tinned

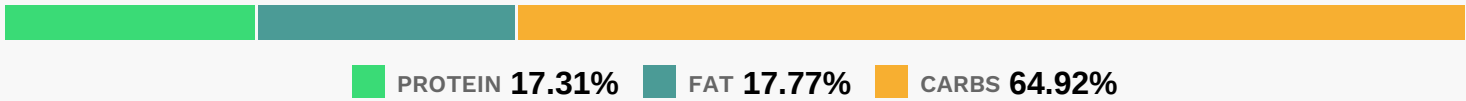
Equipment

- ☐ frying pan

Directions

- ☐
- Cook the spaghetti in plenty of boiling water according to pack instructions. Meanwhile, finely chop the onion and tomatoes and put in a large pan with the oil. Halve, deseed and finely chop the chilli, then add to the pan. Gently heat through for a few mins, stirring well.
- ☐
- Drain the pasta and add to the sauce, then break up the tuna and add to the pan. Season if you like, then toss well and serve.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:28.48, Inflammation Score:-8, Nutrition Score:20.734347789184%

Flavonoids

Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 456.01kcal (22.8%), Fat: 8.98g (13.81%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 73.79g (24.6%), Net Carbohydrates: 68.85g (25.04%), Sugar: 7.39g (8.21%), Cholesterol: 12.6mg (4.2%), Sodium: 90.4mg (3.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.67g (39.35%), Selenium: 79.22µg (113.18%), Manganese: 1.01mg (50.4%), Vitamin C: 35.33mg (42.82%), Vitamin B3: 5.87mg (29.37%), Phosphorus: 256.14mg (25.61%), Vitamin A: 1168.85IU (23.38%), Vitamin B6: 0.43mg (21.31%), Fiber: 4.94g (19.74%), Copper: 0.37mg (18.43%), Magnesium: 73.51mg (18.38%), Potassium: 629.42mg (17.98%), Vitamin K: 15.93µg (15.17%), Vitamin B12: 0.9µg (14.99%), Vitamin E: 1.98mg (13.19%), Iron: 2.27mg (12.62%), Zinc: 1.75mg (11.69%), Folate: 43.71µg (10.93%), Vitamin B1: 0.16mg (10.42%), Vitamin B2: 0.12mg (7.18%), Vitamin B5: 0.6mg (5.97%), Calcium: 45.15mg (4.51%), Vitamin D: 0.42µg (2.8%)