



Spaghetti with Tuna and Basil

READY IN



45 min.

SERVINGS



4

CALORIES



759 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil shredded
- ☐ 35 ounce canned tomatoes italian peeled chopped canned
- ☐ 8 garlic cloves minced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound pasta like spaghetti
- ☐ 12 ounce imported tuna in olive oil flaked drained canned
- ☐ 1 tablespoon butter unsalted

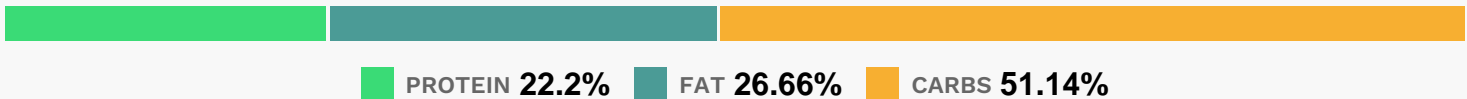
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Heat the olive oil in a large skillet.
- ☐ Add the garlic and crushed red pepper and cook over low heat until the garlic is golden, about 3 minutes.
- ☐ Add the tomatoes and their liquid and simmer over moderate heat, stirring occasionally, until slightly thickened, about 7 minutes.
- ☐ Add the tuna and simmer briefly to heat through; stir gently to keep the tuna in large pieces. Season with salt and black pepper and keep warm.
- ☐ Cook the spaghetti in a large pot of boiling salted water, stirring occasionally, until al dente. Reserve 1/4 cup of the pasta cooking water.
- ☐ Drain the spaghetti and return it to the pot.
- ☐ Add the butter and toss well, then add the tuna sauce, reserved pasta cooking water and basil and toss again. Season with salt and black pepper, transfer to a warmed bowl and serve at once.
- ☐ Wine Recommendation: Garlicky sauce, meaty tuna and sweet, fresh basil all point to a tart but assertive white, such as a Tocai Friulano from Italy, as a perfect flavor foil. Top choices include the 1996 Ronco del Gnemiz or the 1996 Schiopetto.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:34.63, Inflammation Score:-8, Nutrition Score:32.944782340008%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 759.07kcal (37.95%), Fat: 22.41g (34.47%), Saturated Fat: 4.91g (30.72%), Carbohydrates: 96.73g (32.24%), Net Carbohydrates: 90.42g (32.88%), Sugar: 9g (10%), Cholesterol: 22.83mg (7.61%), Sodium: 717.08mg (31.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.99g (83.97%), Selenium: 137.45µg (196.36%), Vitamin B3: 14.31mg (71.56%), Manganese: 1.39mg (69.56%), Vitamin K: 64.01µg (60.96%), Phosphorus: 537.81mg (53.78%), Vitamin D: 5.75µg (38.34%), Vitamin B12: 1.88µg (31.28%), Vitamin C: 25.48mg (30.89%), Vitamin B6: 0.61mg (30.47%), Iron: 5.33mg (29.6%), Copper: 0.59mg (29.53%), Magnesium: 117.41mg (29.35%), Vitamin E: 4.17mg (27.83%), Potassium: 930.46mg (26.58%), Fiber: 6.31g (25.23%), Zinc: 2.81mg (18.73%), Vitamin B2: 0.32mg (18.63%), Vitamin B1: 0.26mg (17.29%), Calcium: 129.33mg (12.93%), Vitamin A: 602.52IU (12.05%), Folate: 46.85µg (11.71%), Vitamin B5: 1.14mg (11.43%)