



Spaghetti with Tuna and Fresh Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce tuna packed in oil, drained canned
- ☐ 0.8 cup basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 6 tablespoons olive oil
- ☐ 2 teaspoons red-wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.8 pound pasta like spaghetti

☐ 1.5 pounds tomatoes cut into approximately 1/2-inch dice (3)

Equipment

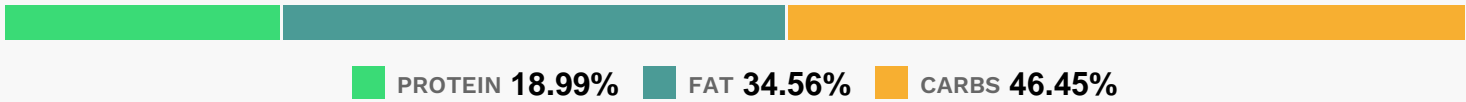
☐ bowl

☐ pot

Directions

- ☐ In a large bowl, combine the tomatoes, oil, garlic, basil, vinegar, salt, and pepper.
- ☐ In a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes.
- ☐ Drain and toss the pasta with the tuna and the tomato mixture.
- ☐ Variations: Spaghetti with Fresh Tomato Sauce: Omit the tuna. The marinated tomatoes make a delicious sauce on their own.
- ☐ Spaghetti with Salmon and Fresh Tomato Sauce: Omit the tuna. Coat 1 pound of skinless salmon fillets with 1 tablespoon cooking oil and sprinkle with 1/4 teaspoon salt and 1/8 teaspoon fresh-ground black pepper. Broil the salmon until just barely done, 3 to 5 minutes, depending on the thickness of the fillet. Flake the salmon and toss with the pasta.
- ☐ Spaghetti with Shrimp and Fresh Tomato Sauce: Omit the tuna.
- ☐ Add 1 pound of raw medium shelled shrimp to the spaghetti during the last 1 minute of cooking time.
- ☐ Wine Recommendation: Look for an acidic and intensely flavored white wine, such as a grassy sauvignon blanc from California, to match the aggressive taste of the tuna.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:27.47, Inflammation Score:-9, Nutrition Score:26.577826023102%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.25mg, Myricetin:

0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 612.7kcal (30.64%), Fat: 23.47g (36.11%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 70.97g (23.66%), Net Carbohydrates: 66.04g (24.02%), Sugar: 6.77g (7.53%), Cholesterol: 30.62mg (10.21%), Sodium: 782.34mg (34.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.02%), Selenium: 111.65µg (159.51%), Manganese: 1.1mg (55.06%), Vitamin B3: 10.95mg (54.73%), Vitamin K: 45.44µg (43.28%), Vitamin B12: 2.19µg (36.43%), Vitamin A: 1704.26IU (34.09%), Phosphorus: 323.49mg (32.35%), Vitamin C: 24.59mg (29.81%), Vitamin E: 4.36mg (29.04%), Vitamin B6: 0.56mg (27.77%), Potassium: 766.39mg (21.9%), Magnesium: 87.15mg (21.79%), Copper: 0.41mg (20.64%), Fiber: 4.93g (19.72%), Iron: 3.31mg (18.4%), Zinc: 2.11mg (14.06%), Folate: 47.37µg (11.84%), Vitamin B1: 0.17mg (11.32%), Vitamin B2: 0.16mg (9.33%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.67mg (6.66%), Calcium: 62.69mg (6.27%)