



Spicy Italian Tuna and Noodles

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz egg yolk uncooked
- 26 oz tomato sauce
- 12 oz solid albacore tuna in water flaked drained canned
- 0.3 cup olives ripe sliced
- 2 teaspoons suya seasoning mix salt-free
- 3 oz pizza cheese shredded italian
- 2 tablespoons parsley fresh chopped

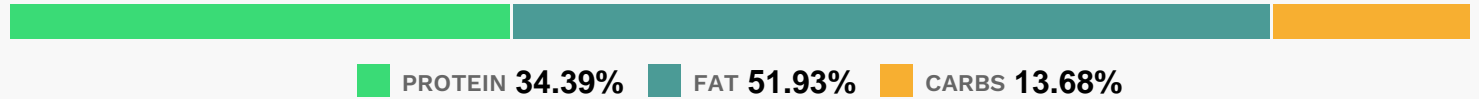
Equipment

dutch oven

Directions

- In 4-quart Dutch oven, cook and drain noodles as directed on package. Stir in pasta sauce. Cook until heated through.
- Fold in tuna, olives and seasoning. Cook until heated through. Top each serving with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:2.14, Inflammation Score:-7, Nutrition Score:20.212173959483%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 282.26kcal (14.11%), Fat: 16.55g (25.47%), Saturated Fat: 4.82g (30.11%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 7.04g (2.56%), Sugar: 4.69g (5.22%), Cholesterol: 434.88mg (144.96%), Sodium: 930.04mg (40.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.33%), Selenium: 59.28µg (84.69%), Vitamin K: 37.28µg (35.51%), Phosphorus: 307.05mg (30.71%), Vitamin A: 1250.71IU (25.01%), Vitamin E: 3.75mg (25%), Vitamin B12: 1.4µg (23.34%), Vitamin B3: 4.62mg (23.11%), Vitamin D: 3.18µg (21.17%), Vitamin B6: 0.4mg (19.79%), Iron: 3.48mg (19.31%), Vitamin B2: 0.31mg (18.51%), Folate: 73.47µg (18.37%), Potassium: 570.89mg (16.31%), Vitamin B5: 1.6mg (16.02%), Calcium: 133.25mg (13.33%), Vitamin C: 10.41mg (12.62%), Manganese: 0.25mg (12.36%), Magnesium: 44.75mg (11.19%), Fiber: 2.77g (11.08%), Copper: 0.21mg (10.58%), Zinc: 1.47mg (9.82%), Vitamin B1: 0.11mg (7.05%)