



Tagliatelle with tuna, lemon & rocket

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1565 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 300 g tagliatelle dried
- ☐ 4 tbsp olive oil extra virgin extra-virgin for drizzling
- ☐ 1 garlic clove finely chopped
- ☐ 520 g olive oil extra virgin drained canned
- ☐ 1 handful arugula plus a little extra to garnish
- ☐ 1 juice of lemon grated

Equipment

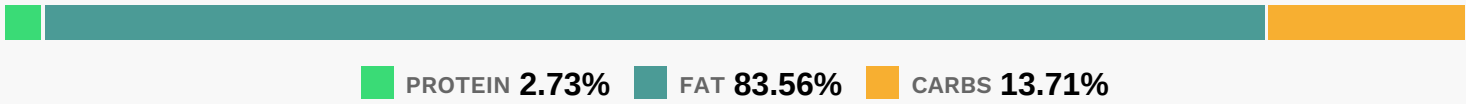
- ☐ bowl

☐ frying pan

Directions

- ☐ Cook the pasta in a large pan of boiling salted water until al dente. Meanwhile, heat the olive oil in another large pan, add the garlic and cook for 1 minute.
- ☐ Put the drained tuna in a bowl. Lightly mash with a fork and add to the garlic in the pan, then add the rocket. Season with salt and pepper to taste, and stir in the lemon zest and juice.
- ☐ Drain the pasta and add to the tuna mixture.
- ☐ Mix well together and serve immediately, drizzled with a little extra virgin olive oil and garnished with extra rocket.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:22.53, Inflammation Score:-4, Nutrition Score:19.49521759282%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 1564.98kcal (78.25%), Fat: 147.38g (226.75%), Saturated Fat: 20.76g (129.78%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 51.81g (18.84%), Sugar: 1.71g (1.9%), Cholesterol: 63mg (21%), Sodium: 20.18mg (0.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.65%), Vitamin E: 21.05mg (140.31%), Vitamin K: 92.53µg (88.12%), Selenium: 59.23µg (84.61%), Manganese: 0.67mg (33.54%), Phosphorus: 185.1mg (18.51%), Iron: 2.32mg (12.91%), Magnesium: 46.49mg (11.62%), Copper: 0.23mg (11.5%), Fiber: 2.59g (10.37%), Zinc: 1.48mg (9.84%), Vitamin B6: 0.18mg (8.92%), Vitamin B1: 0.13mg (8.87%), Vitamin B3: 1.6mg (8.01%), Vitamin B5: 0.72mg (7.2%), Folate: 28.12µg (7.03%), Potassium: 213.62mg (6.1%), Vitamin C: 3.89mg (4.71%), Vitamin B2: 0.07mg (4.34%), Calcium: 37.5mg (3.75%), Vitamin B12: 0.22µg (3.63%), Vitamin A: 165.67IU (3.31%), Vitamin D: 0.22µg (1.5%)