



Tuna and Caper Tomato Pasta



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 anchovies minced (, optional)
- ☐ 28 ounce canned tomatoes crushed canned ()
- ☐ 1 can tuna drained ()
- ☐ 2 tablespoons capers drained ()
- ☐ 1 handful parsley chopped ()
- ☐ 2 cloves garlic chopped ()
- ☐ 0.3 cup kalamata olives diced pitted (and)
- ☐ 1 tablespoon olive oil

- ☐ 1 small onion diced ()
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound pasta like spaghetti
- ☐ 0.3 cup white wine

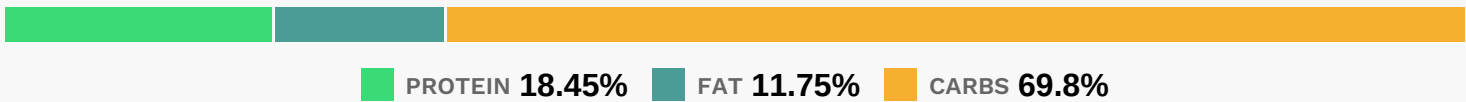
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in the pan at medium heat.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and chili pepper flakes and saute until fragrant, about a minute.
- ☐ Add the white wine, deglaze the pan and then simmer until it has almost all evaporated, about 5 minutes.
- ☐ Add the tomatoes and capers and simmer until the sauce just starts to thicken, about 10 minutes.
- ☐ Add the olives, anchovies and tuna and simmer for 10 minutes.
- ☐ Meanwhile, cook the pasta as directed
- ☐ Season the tomato sauce with salt and pepper to taste.
- ☐ Remove the tomato sauce from the heat and mix in the parsley.1
- ☐ Toss the pasta in the sauce and serve.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:38.67, Inflammation Score:-8, Nutrition Score:28.048261041227%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 10.49mg, Quercetin: 10.49mg, Quercetin: 10.49mg, Quercetin: 10.49mg

Nutrients (% of daily need)

Calories: 591.77kcal (29.59%), Fat: 7.66g (11.78%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 102.4g (34.13%), Net Carbohydrates: 94.15g (34.24%), Sugar: 12.75g (14.17%), Cholesterol: 16.5mg (5.5%), Sodium: 806.52mg (35.07%), Alcohol: 1.54g (100%), Alcohol %: 0.48% (100%), Protein: 27.07g (54.13%), Selenium: 102.9µg (146.99%), Manganese: 1.49mg (74.36%), Vitamin B3: 8.98mg (44.92%), Copper: 0.76mg (37.83%), Phosphorus: 351.67mg (35.17%), Fiber: 8.25g (33.02%), Vitamin B6: 0.65mg (32.72%), Magnesium: 117.14mg (29.28%), Vitamin K: 30.75µg (29.28%), Iron: 5.17mg (28.7%), Potassium: 974.64mg (27.85%), Vitamin C: 21.52mg (26.09%), Vitamin E: 3.73mg (24.83%), Vitamin B1: 0.28mg (18.7%), Vitamin B12: 1.1µg (18.41%), Zinc: 2.55mg (17.02%), Folate: 54.37µg (13.59%), Vitamin B2: 0.23mg (13.49%), Vitamin A: 649.41IU (12.99%), Calcium: 118.31mg (11.83%), Vitamin B5: 1.16mg (11.63%), Vitamin D: 0.51µg (3.4%)