



Tuna arrabbiata pasta gratin

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp olive oil
- ☐ 1 bell pepper red yellow deseeded sliced
- ☐ 2 garlic clove crushed
- ☐ 1 pinch chilies dried crushed
- ☐ 800 g canned tomatoes chopped canned
- ☐ 50 g olives mixed whole pitted roughly chopped
- ☐ 1 pinch sugar
- ☐ 250 g pasta

- ☐ 400 g water-packed tuna flaked drained canned
- ☐ 25 g breadcrumbs fresh
- ☐ 2 tbsp parmesan grated

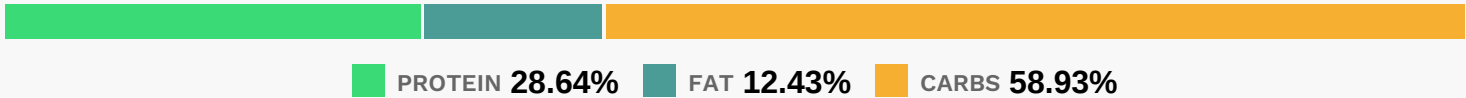
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat the oil in a large saucepan and fry the peppers for about 5 mins until starting to caramelise.
- ☐ Add the garlic and chillies, cook for 30 secs, then tip in the tomatoes and olives (if using). Season, add a pinch of sugar, bring to the boil, then simmer, uncovered, for 10 mins.
- ☐ Meanwhile, cook the pasta according to pack instructions.
- ☐ Heat the grill.
- ☐ Drain the pasta and mix into the tomato sauce, along with the tuna. Tip into a large ovenproof dish.
- ☐ Mix the breadcrumbs and Parmesan together and scatter over the top. Grill for 3–4 mins or until the topping is crisp and golden.
- ☐ Serve with a green salad, if you like.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:4.81, Inflammation Score:-9, Nutrition Score:37.113478411799%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 445.8kcal (22.29%), Fat: 6.5g (10%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 69.33g (23.11%), Net Carbohydrates: 64.11g (23.31%), Sugar: 10.89g (12.1%), Cholesterol: 37.7mg (12.57%), Sodium: 770.5mg (33.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.7g (67.39%), Selenium: 117.13µg (167.33%), Manganese: 2.41mg (120.64%), Vitamin B3: 16.34mg (81.72%), Vitamin C: 57.03mg (69.12%), Vitamin B6: 0.88mg (44.01%), Vitamin B12: 2.62µg (43.7%), Magnesium: 161.7mg (40.43%), Phosphorus: 400.84mg (40.08%), Iron: 7.1mg (39.43%), Vitamin B1: 0.57mg (37.89%), Copper: 0.74mg (36.98%), Vitamin A: 1553.48IU (31.07%), Potassium: 989.65mg (28.28%), Vitamin E: 3.96mg (26.39%), Folate: 86.72µg (21.68%), Fiber: 5.22g (20.89%), Vitamin B2: 0.34mg (19.98%), Zinc: 2.94mg (19.6%), Calcium: 163.46mg (16.35%), Vitamin B5: 1.47mg (14.73%), Vitamin K: 13.86µg (13.2%), Vitamin D: 1.21µg (8.08%)