



 **58%**
HEALTH SCORE

Tuna Puttanesca

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes diced whole canned (recommended: San Marzano)
- 3 tablespoons capers drained
- 4 servings top
- 1 handful a flat-leaf parsley fresh generous chopped
- 6 large cloves garlic finely chopped
- 4 servings ground pepper fresh black
- 2 teaspoons lemon zest
- 3 tablespoons olive oil extra-virgin

- 1 handful a olives black generous pitted chopped (Gaeta, kalamata or oil-cured)
- 1 pound penne pasta
- 0.5 teaspoon pepper flakes red crushed
- 4 servings salt
- 11 ounces tuna italian drained well in oil canned
- 0.3 cup vermouth or dry white white

Equipment

- bowl
- frying pan
- ladle
- pot
- wooden spoon
- colander

Directions

- Watch how to make this recipe.
- Place a large pot of water over high heat and bring up to a boil. Salt the water and cook penne to al dente.
- Meanwhile, heat a large skillet with 3 turns of the pan extra-virgin olive oil over medium heat.
- Add the garlic and red pepper flakes, cook a minute or 2, then add tuna and break it up with your spoon.
- Add olives and capers, cook a minute or 2 more, then add vermouth or white wine; stir and cook down a minute. If using whole tomatoes, place a colander over a bowl, crush up tomatoes with a wooden spoon, then add tomatoes and their juice to pan. Otherwise, stir in diced tomatoes and juice.
- Add parsley, zest and black pepper, then simmer the sauce a couple of minutes more.
- Add a couple of ladles of starchy pasta-cooking water to the sauce.
- Drain pasta, add to the skillet and toss to coat.
- Serve with some nice crusty bread.

Nutrition Facts

PROTEIN 19.9% FAT 19.24% CARBS 60.86%

Properties

Glycemic Index:67.38, Glycemic Load:39.02, Inflammation Score:-8, Nutrition Score:31.28260857126%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 7.91mg, Kaempferol: 7.91mg, Kaempferol: 7.91mg, Kaempferol: 7.91mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg

Nutrients (% of daily need)

Calories: 683.44kcal (34.17%), Fat: 14.41g (22.18%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 102.63g (34.21%), Net Carbohydrates: 94.5g (34.37%), Sugar: 12.16g (13.51%), Cholesterol: 28.07mg (9.36%), Sodium: 890.15mg (38.7%), Alcohol: 2.06g (100%), Alcohol %: 0.59% (100%), Protein: 33.54g (67.09%), Selenium: 126.84µg (181.2%), Manganese: 1.55mg (77.27%), Vitamin B3: 12.29mg (61.43%), Phosphorus: 398.58mg (39.86%), Vitamin B6: 0.79mg (39.31%), Copper: 0.78mg (38.95%), Vitamin K: 35.65µg (33.95%), Vitamin B12: 2µg (33.39%), Fiber: 8.12g (32.5%), Iron: 5.83mg (32.41%), Vitamin E: 4.73mg (31.53%), Magnesium: 124.89mg (31.22%), Potassium: 1022.94mg (29.23%), Vitamin C: 22.54mg (27.32%), Vitamin B1: 0.3mg (19.71%), Zinc: 2.78mg (18.55%), Vitamin B2: 0.26mg (15.32%), Folate: 54.16µg (13.54%), Vitamin A: 658.85IU (13.18%), Calcium: 125mg (12.5%), Vitamin B5: 1.21mg (12.09%), Vitamin D: 0.94µg (6.24%)