



 **53%**
HEALTH SCORE

Tuna with Angel Hair Pasta and Dill

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz angel hair pasta uncooked (capellini)
- 14.1 oz albacore tuna - sashimi grade
- 2 medium carrots sliced
- 14 oz fat-skimmed beef broth fat-free with 1/3 less sodium canned
- 3 tablespoons optional: dill fresh chopped
- 2 tablespoons juice of lemon
- 0.5 teaspoon lemon pepper
- 1 tablespoon olive oil

- 1 cup onion diced red
- 1 teaspoon salt
- 2 cups sugar snap peas fresh halved

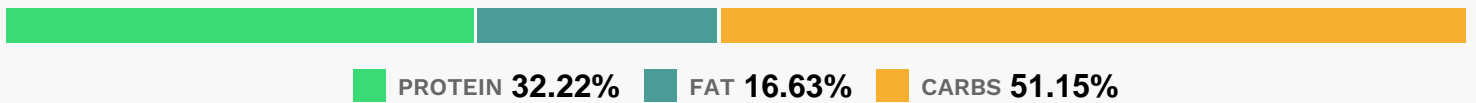
Equipment

- bowl
- frying pan

Directions

- Cook pasta to desired doneness as directed on package adding 1 teaspoon salt to cooking water.
- Drain; cover to keep warm.
- Meanwhile, heat oil in 12-inch skillet over medium heat until hot.
- Add onion and carrots; cook 3 minutes, stirring frequently.
- Add broth and lemon juice; cook 3 to 4 minutes or until mixture boils. Reduce heat to medium-low; add tuna. Cook 2 minutes, stirring occasionally.
- Add sugar snap peas; cook an additional 4 to 6 minutes or until carrots and peas are crisp-tender, stirring occasionally. Stir in dill and lemon-pepper seasoning.
- Place pasta in individual serving bowls. Top each serving with tuna mixture.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:18.85, Inflammation Score:-10, Nutrition Score:26.516521764838%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 424.85kcal (21.24%), Fat: 7.74g (11.9%), Saturated Fat: 1.49g (9.28%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 48.82g (17.75%), Sugar: 6.95g (7.73%), Cholesterol: 42.03mg (14.01%), Sodium: 1392.86mg (60.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.73g (67.45%), Selenium: 104.36µg (149.09%), Vitamin A: 5673.75IU (113.47%), Vitamin C: 37.32mg (45.23%), Manganese: 0.8mg (40.14%), Vitamin B3: 7.98mg (39.88%), Phosphorus: 384.67mg (38.47%), Vitamin B6: 0.48mg (24.24%), Vitamin B12: 1.37µg (22.82%), Magnesium: 84.54mg (21.14%), Vitamin K: 21.51µg (20.49%), Potassium: 660.8mg (18.88%), Fiber: 4.71g (18.86%), Iron: 3.12mg (17.31%), Copper: 0.3mg (14.76%), Vitamin D: 2µg (13.34%), Folate: 49.17µg (12.29%), Vitamin E: 1.83mg (12.21%), Vitamin B1: 0.18mg (12.02%), Zinc: 1.58mg (10.56%), Vitamin B5: 1mg (10.02%), Vitamin B2: 0.17mg (9.94%), Calcium: 72.8mg (7.28%)