



WHATSheATE



HEALTH SCORE

72%

## Tuna Zucchini Elbow Pasta



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 16 ounce elbow macaroni
- ☐ 3 cloves garlic minced
- ☐ 28 ounce tomatoes
- ☐ 6 servings olive oil
- ☐ 1 teaspoon parmesan cheese grated to taste
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon herb seasoning dried italian

- ☐ 14 ounce tuna
- ☐ 1.5 cups water
- ☐ 6 large zucchini cut into 1/2-inch cubes

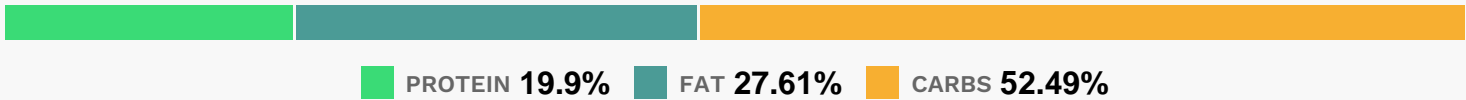
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Heat olive oil in a skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Stir zucchini, salt, Italian herbs, and red pepper flakes into garlic oil; cook and stir until zucchini begins to soften, about 5 minutes.
- ☐ Mix in marinara sauce and water and bring sauce to a boil.
- ☐ Gently mix tuna into sauce. Simmer until zucchini are almost tender, 7 to 10 more minutes.
- ☐ Bring a large pot of salted water to a boil; stir in elbow macaroni. Cook until still firm, about 7 minutes.
- ☐ Drain well.
- ☐ Mix elbow macaroni into tuna sauce until thoroughly combined. Taste for salt levels and adjust if necessary. Turn off heat, cover pan, and let pasta and sauce stand for exactly 6 minutes and 15 seconds. Pasta will soak up the sauce and become more tender.
- ☐ Serve in bowls and sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:15.83, Glycemic Load:3.44, Inflammation Score:-9, Nutrition Score:35.315652370453%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 558.77kcal (27.94%), Fat: 17.49g (26.91%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 74.82g (24.94%), Net Carbohydrates: 66.75g (24.27%), Sugar: 14.86g (16.52%), Cholesterol: 24.53mg (8.18%), Sodium: 1210.72mg (52.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.71%), Selenium: 94.64µg (135.2%), Vitamin C: 67.57mg (81.9%), Manganese: 1.49mg (74.48%), Vitamin B3: 10.68mg (53.42%), Vitamin B6: 1.01mg (50.33%), Potassium: 1542.31mg (44.07%), Phosphorus: 401.18mg (40.12%), Magnesium: 137mg (34.25%), Fiber: 8.07g (32.29%), Vitamin E: 4.83mg (32.19%), Vitamin K: 31.55µg (30.05%), Copper: 0.6mg (29.75%), Vitamin B2: 0.5mg (29.39%), Vitamin B12: 1.71µg (28.52%), Iron: 4.99mg (27.75%), Folate: 107.77µg (26.94%), Vitamin A: 1327.19IU (26.54%), Zinc: 2.92mg (19.44%), Vitamin B1: 0.27mg (18.01%), Vitamin B5: 1.51mg (15.12%), Calcium: 123.78mg (12.38%), Vitamin D: 0.8µg (5.32%)