

Recipe : Pasta With Tuna

Ready in minutes: 45

Servings: 4



Ingredients:

- flour [mąka]



1. Amount: 2.0
2. Unit: tablespoons
3. Nutrients [per 100g]:
 - Energy: 364.0kcal
 - Proteins: 10.33g
 - Fat: 0.98g
 - Carbohydrates: 76.31g
 - Fiber: 2.7g
4. Weight: 15.0g

- green onions [zielone cebule]



1. Amount: 1.0
2. Unit: cup
3. Nutrients [per 100g]:
 - Energy: 32.0kcal
 - Proteins: 1.83g
 - Fat: 0.19g
 - Carbohydrates: 7.34g
 - Fiber: 2.6g
4. Weight: 100.0g

- non-fat milk [beztłuszczowe mleko]



1. Amount: 1.25
2. Unit: cups
3. Nutrients [per 100g]:
 - Energy: 61.0kcal
 - Proteins: 3.15g
 - Fat: 3.25g

- Carbohydrates: 4.8g
- Fiber: 0.0g

4. Weight: 306.25g

- olive oil [Oliwa z oliwek]



1. Amount: 2.0

2. Unit: tablespoons

3. Nutrients [per 100g]:

- Energy: 884.0kcal
- Proteins: 0.0g
- Fat: 100.0g
- Carbohydrates: 0.0g
- Fiber: 0.0g

4. Weight: 28.0g

- onion [cebula]



1. Amount: 2.0

2. Unit: tablespoons

3. Nutrients [per 100g]:

- Energy: 40.0kcal
- Proteins: 1.1g
- Fat: 0.1g
- Carbohydrates: 9.34g
- Fiber: 1.7g

4. Weight: 20.0g

- parmesan cheese [parmezan]



1. Amount: 0.25

2. Unit: cup

3. Nutrients [per 100g]:

- Energy: 392.0kcal
- Proteins: 35.75g
- Fat: 25.83g
- Carbohydrates: 3.22g
- Fiber: 0.0g

4. Weight: 25.0g

- parsley [Pietruszka]



1. Amount: 1.0

2. Unit: cup

3. Nutrients [per 100g]:

- Energy: 36.0kcal
- Proteins: 2.97g
- Fat: 0.79g
- Carbohydrates: 6.33g
- Fiber: 3.3g

4. Weight: 60.0g

- pasta [makaron]



1. Amount: 8.0

2. Unit: ounces

3. Nutrients [per 100g]:

- Energy: 371.0kcal
- Proteins: 13.04g
- Fat: 1.51g
- Carbohydrates: 74.67g
- Fiber: 3.2g

4. Weight: 226.8g

- peas [groszek]



1. Amount: 1.0

2. Unit: cup

3. Nutrients [per 100g]:

- Energy: 81.0kcal
- Proteins: 5.42g
- Fat: 0.4g
- Carbohydrates: 14.45g
- Fiber: 5.1g

4. Weight: 145.0g

- pepper sauce [sos pieprzowy]



1. Amount: 1.0

2. Unit:

3. Nutrients [per 100g]:

- Energy: 11.0kcal
- Proteins: 0.51g
- Fat: 0.37g
- Carbohydrates: 1.75g
- Fiber: 0.3g

4. Weight: 1.0g

- water-packed tuna [tuńczyk w wodzie]



1. Amount: 6.5

2. Unit: ounces

3. Nutrients [per 100g]:

- Energy: 0.0kcal
- Proteins: 0.0g
- Fat: 0.0g
- Carbohydrates: 0.0g
- Fiber: 0.0g

4. Weight: 184.27g

Total nutrients for recipe:

- Energy: 1607,52kcal
- Proteins: 61,40g
- Fat: 49,25g
- Carbohydrates: 230,28g
- Fiber: 19,98g