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: 32.0kcalProteins: 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: 0.0gFat: 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: 392.0kcalProteins: 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: 36.0kcalProteins: 2.97g

■ Fat: 0.79g

• Carbohydrates: 6.33g

• Fiber: 3.3g 4. Weight: 60.0g

• pasta [makaron]



1. Amount: 8.0

2. Unit: ounces

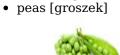
3. Nutrients [per 100g]:

Energy: 371.0kcalProteins: 13.04g

■ Fat: 1.51g

Carbohydrates: 74.67g

■ Fiber: 3.2g 4. Weight: 226.8g



Amount: 1.0
 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: 11.0kcalProteins: 0.51gFat: 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: 0.0kcalProteins: 0.0g

■ Fat: 0.0g

• Carbohydrates: 0.0g

• Fiber: 0.0g 4. Weight: 184.27g

Total nutrients for recipe:

Energy: 1607,52kcalProteins: 61,40g

• Fat: 49,25g

• Carbohydrates: 230,28g

• Fiber: 19,98g