

# Easy Canned Tuna Pasta

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-tuna-pasta-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic
- 5 ounces tuna drained I prefer tuna packed in oil
- 1 teaspoon lemon juice
- 1 tablespoon fresh parsley chopped
- salt
- pepper
- 4 ounces pasta uncooked, I used spaghetti

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 210 milligrams
9. Sugar: 1 grams

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