

Instant Pot Italian Tuna Pasta

Yield: 7 min
Total Time: 40 min

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

Ingredients:

- 2 tablespoons avocado oil
- 1 sweet onion large, finely chopped
- 3 zucchini small, quartered and sliced
- 8 ounces mushrooms quartered
- 1 tablespoon garlic minced
- 4 cups broth lower sodium, chicken or vegetable
- 29 ounces petite diced tomatoes
- 1 teaspoon dried basil
- 10 ounces tuna drained
- 16 ounces whole wheat rotini pasta
- 1/2 cup Parmesan cheese grated
- 4 ounces mozzarella cheese cubed

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 35 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 30 grams
7. SaturatedFat: 4 grams
8. Sodium: 700 milligrams
9. Sugar: 11 grams

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