

Italian Tuna Olive Rigatoni

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 2 tablespoons olive oil 26 grams
- 1 clove garlic chopped
- 1 teaspoon oregano 3/4 gram
- 1 teaspoon basil 3/4 gram
- 1/2 teaspoon salt 2 grams
- 2 pepper flakes if desired, optional
- 1 can tomatoes Roma or Marzano, chopped 400 grams
- 1/2 can water
- 1/2 tomato
- 1 can tuna I use canned in water 140 grams
- 20 pitted olives green or black, sliced
- 3 cups cooked rigatoni

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 500 milligrams
9. Sugar: 3 grams

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