

CREAMY TUNA PASTA (LOWFODMAP)

Tuna pasta dressed in creamy lemon and tomato based sauce.

1 portion

INGREDIENTS

- 200 grams of fish, tuna, light, canned in water, without salt, drained solids
- 100 grams of coconut yogurt
- 170 grams of brown rice pasta, dried, boiled in unsalted water
- 100 grams of tomatoes, canned, whole contents
- 1 tbsp of lemon juice from concentrate, bottled, REAL LEMON [15 g]
- 1 dash of salt, table [0 g]
- 1 level teaspoon of pepper, black [2 g]
- 1 clove of garlic, raw [3 g]

COOKING METHOD

- 1° Boil pasta, following instructions on the packaging. Add all the ingredients other than the tuna and pasta to a blender and smooth, to create the dressing. mix in a bowl with the pasta and tuna and enjoy.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (590 g)	% DRI
ENERGY	92 kcal	545 kcal	27 %
PROTEIN	12 g	72 g	143 %
CARBOHYDRATE	9 g	56 g	22 %
SUGARS	1 g	7 g	8 %
FAT	1 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
FIBER	1 g	9 g	34 %
SODIUM	52 mg	309 mg	13 %