



Broccoli and Tuna on Biscuits

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli frozen
- ☐ 2.7 cups milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 12 oz water-packed tuna light chunk drained canned
- ☐ 2.3 cups frangelico
- ☐ 2.3 cups frangelico

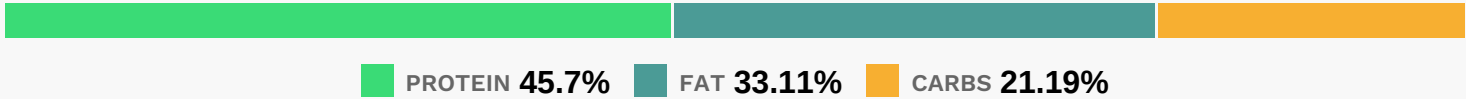
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 450F. In medium bowl, stir 2 cups of the Bisquick mix and 2/3 cup of the milk until soft dough forms. On ungreased cookie sheet, drop dough by 6 spoonfuls.
- ☐ Bake 8 to 10 minutes or until tops are golden brown.
- ☐ Meanwhile, in 2-quart saucepan, stir remaining 2 cups milk and 1/4 cup Bisquick mix with wire whisk until completely smooth. Cook over medium heat 9 to 11 minutes, stirring constantly, until sauce thickens. Gently stir in cheese, tuna and pepper. Cook 1 to 2 minutes, stirring constantly, until hot.
- ☐ Cook broccoli as directed on package; drain.
- ☐ To serve, split each biscuit; arrange bottoms on serving plate. Top each with slightly less than 1/2 cup tuna mixture and 1/4 cup broccoli. Top with biscuit tops.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:2.31, Inflammation Score:-5, Nutrition Score:14.965217331181%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 143.72kcal (7.19%), Fat: 5.28g (8.12%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.83g (2.48%), Sugar: 5.72g (6.35%), Cholesterol: 37.05mg (12.35%), Sodium: 247.98mg (10.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.79%), Selenium: 42.7µg (60.99%), Vitamin B12: 2.1µg (34.98%), Vitamin C: 26.17mg (31.72%), Vitamin B3: 5.93mg (29.65%), Vitamin K: 30.5µg (29.05%), Phosphorus:

233.05mg (23.3%), Calcium: 194.4mg (19.44%), Vitamin B6: 0.3mg (15.12%), Vitamin B2: 0.24mg (14.41%), Vitamin D: 1.89µg (12.63%), Potassium: 363.37mg (10.38%), Vitamin A: 427.01IU (8.54%), Magnesium: 33.74mg (8.44%), Zinc: 1.12mg (7.47%), Vitamin B5: 0.67mg (6.71%), Vitamin B1: 0.1mg (6.65%), Iron: 1.18mg (6.58%), Folate: 21µg (5.25%), Manganese: 0.09mg (4.28%), Vitamin E: 0.49mg (3.28%), Fiber: 0.77g (3.09%), Copper: 0.04mg (2.24%)