



Cheesy Tuna Mac

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 oz tuna flaked drained canned
- 0.5 cup celery chopped
- 1 tsp mustard dry
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 0.5 cup onion chopped
- 1 cup peas frozen

Equipment

Directions

- Prepare Dinner as directed on package, adding vegetables during the last 3 minutes of the Macaroni cooking time.
- Stir in tuna and mustard; cook until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8.37, Glycemic Load:6.3, Inflammation Score:-1, Nutrition Score:2.827826116396%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 80.99kcal (4.05%), Fat: 2.26g (3.47%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 10.25g (3.73%), Sugar: 0.62g (0.69%), Cholesterol: 2.55mg (0.85%), Sodium: 170.09mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Phosphorus: 97.73mg (9.77%), Selenium: 5.17µg (7.39%), Manganese: 0.13mg (6.73%), Vitamin B3: 0.87mg (4.36%), Vitamin C: 3.28mg (3.98%), Iron: 0.66mg (3.66%), Calcium: 34.06mg (3.41%), Vitamin B12: 0.18µg (3.04%), Magnesium: 11.82mg (2.95%), Zinc: 0.41mg (2.74%), Vitamin K: 2.57µg (2.45%), Potassium: 82.4mg (2.35%), Fiber: 0.53g (2.14%), Vitamin B6: 0.04mg (2.1%), Folate: 6.83µg (1.71%), Vitamin B1: 0.02mg (1.64%), Vitamin A: 70.95IU (1.42%), Vitamin B2: 0.02mg (1.07%)