



Creamy Tuna Cavatelli

READY IN



50 min.

SERVINGS



4

CALORIES



547 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounces cavatelli pasta uncooked
- 1.5 cups water
- 1 tablespoon chervil dried fresh chopped
- 0.3 teaspoon pepper
- 10 ounces savory vegetable mixed frozen
- 8 ounces bottled clam juice
- 2 tablespoons flour all-purpose
- 8 ounces cream sour with chives
- 1 cup processed cheese food shredded

9 ounces tuna flaked drained canned

Equipment

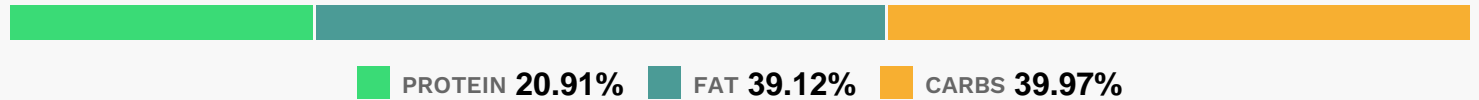
frying pan

Directions

Heat pasta, water, chervil, pepper, vegetables and clam juice to boiling in 10-inch skillet; reduce heat. Cover and simmer 20 to 25 minutes, stirring occasionally, until pasta and vegetables are tender.

Stir flour into sour cream dip. Gradually stir sour cream dip, cheese and tuna into pasta mixture. Cook over medium heat, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:18.22, Inflammation Score:-10, Nutrition Score:26.533478425897%

Nutrients (% of daily need)

Calories: 546.79kcal (27.34%), Fat: 23.94g (36.83%), Saturated Fat: 12.39g (77.41%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 50.33g (18.3%), Sugar: 5.75g (6.39%), Cholesterol: 91.42mg (30.47%), Sodium: 988.81mg (42.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.78g (57.57%), Selenium: 81.44µg (116.35%), Vitamin A: 4477.61IU (89.55%), Phosphorus: 493.12mg (49.31%), Calcium: 486.28mg (48.63%), Vitamin B3: 8.44mg (42.19%), Vitamin B12: 2.3µg (38.34%), Manganese: 0.68mg (34.07%), Vitamin B6: 0.42mg (21.15%), Vitamin B2: 0.35mg (20.55%), Magnesium: 75.37mg (18.84%), Fiber: 4.7g (18.79%), Iron: 3.22mg (17.9%), Zinc: 2.59mg (17.27%), Potassium: 589.81mg (16.85%), Copper: 0.29mg (14.45%), Vitamin B1: 0.21mg (13.78%), Vitamin C: 11.34mg (13.75%), Folate: 51.81µg (12.95%), Vitamin B5: 0.79mg (7.9%), Vitamin D: 0.98µg (6.5%), Vitamin E: 0.82mg (5.46%), Vitamin K: 2.15µg (2.04%)