



WHATSheATE



Creamy Tuna Primavera



Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.8 cups milk



1.5 cups water hot



3 tablespoons butter



1 box tuna



2 medium carrots cut into 1/8-inch slices (1 cup)



10 oz tuna drained canned



1 cup peas sweet frozen thawed drained



4.5 oz mushrooms drained sliced

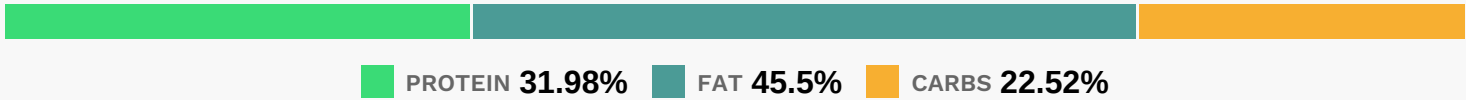
Equipment

☐ frying pan

Directions

- ☐ In 12-inch skillet, heat milk, hot water, butter, uncooked pasta and sauce mix (from Tuna Helper box), carrots and tuna to boiling over high heat, stirring occasionally.
- ☐ Reduce heat; cover and simmer 5 minutes, stirring occasionally.
- ☐ Stir in peas and mushrooms. Cover; simmer about 5 minutes or until vegetables are tender.
- ☐ Remove from heat; let stand covered 5 minutes (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:32.23, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:19.094347725744%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 201.95kcal (10.1%), Fat: 10.29g (15.83%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 8.86g (3.22%), Sugar: 7.41g (8.24%), Cholesterol: 30.73mg (10.24%), Sodium: 259.38mg (11.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.55%), Vitamin A: 4769.36IU (95.39%), Selenium: 43.12µg (61.6%), Vitamin B3: 7.5mg (37.52%), Vitamin B12: 1.94µg (32.37%), Phosphorus: 227.94mg (22.79%), Vitamin B2: 0.32mg (18.98%), Vitamin B6: 0.34mg (17.21%), Vitamin C: 13.59mg (16.48%), Calcium: 136mg (13.6%), Potassium: 461.75mg (13.19%), Vitamin B1: 0.18mg (11.98%), Vitamin D: 1.67µg (11.15%), Fiber: 2.59g (10.37%), Vitamin K: 10.78µg (10.27%), Magnesium: 39.09mg (9.77%), Copper: 0.18mg (9.13%), Manganese: 0.18mg (9%), Vitamin B5: 0.89mg (8.89%), Iron: 1.58mg (8.76%), Zinc: 1.28mg (8.56%), Folate: 30.18µg (7.55%), Vitamin E: 0.69mg (4.61%)