



Creole Tuna and Rice

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 6 oz tuna flaked drained canned
- 0.3 cup celery sliced
- 1.5 cups rice hot cooked
- 0.3 tsp basil leaves dried
- 1 Tbsp flour
- 0.3 cup onion chopped
- 1 cup tomatoes chopped

2 oz velveeta®

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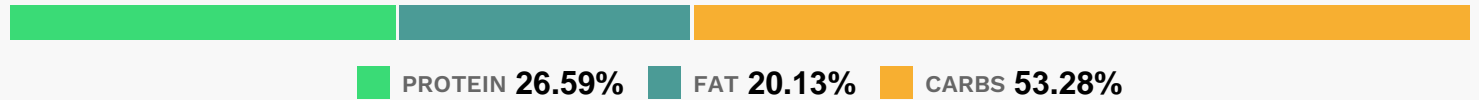
Equipment

frying pan

Directions

- Cook and stir celery and onion in butter in large skillet on medium heat until crisp-tender.
- Add flour; stir until well blended.
- Add tomatoes, tuna, VELVEETA and basil; cook until VELVEETA is completely melted, stirring occasionally.
- Serve over the rice.

Nutrition Facts



Properties

Glycemic Index:9.37, Glycemic Load:2.61, Inflammation Score:-1, Nutrition Score:1.2395652234554%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 21.25kcal (1.06%), Fat: 0.47g (0.72%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.21g (0.23%), Cholesterol: 2.04mg (0.68%), Sodium: 18.11mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Selenium: 4.53µg (6.48%), Vitamin B3: 0.64mg (3.22%), Manganese: 0.05mg (2.49%), Vitamin B12: 0.15µg (2.44%), Vitamin B6: 0.03mg (1.61%), Phosphorus: 13.42mg (1.34%), Vitamin A: 66.45IU (1.33%)