



Deluxe Cheesy Tuna Mac

READY IN



35 min.

SERVINGS



35

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter melted
- 6 oz tuna flaked drained canned
- 0.5 cup celery chopped
- 14 oz deluxe macaroni & cheese dinner kraft
- 1 cup mild cheddar cheese shredded kraft
- 1 cup milk
- 0.5 cup onion chopped
- 1 cup peas frozen thawed
- 0.5 cup ritz crackers crushed

Equipment

- oven
- casserole dish

Directions

- Preheat oven to 375F. Prepare Dinner as directed on package.
- Add vegetables, tuna, milk and cheddar cheese; mix well.
- Spoon into greased 1-1/2-quart casserole dish. Toss cracker crumbs with butter; sprinkle over casserole.
- Bake 20 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:6.64, Glycemic Load:3.74, Inflammation Score:-1, Nutrition Score:2.4373912889024%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 71.17kcal (3.56%), Fat: 3.12g (4.8%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.78g (2.47%), Sugar: 0.77g (0.85%), Cholesterol: 5.81mg (1.94%), Sodium: 134.05mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Phosphorus: 80.74mg (8.07%), Selenium: 4.47µg (6.39%), Calcium: 52.3mg (5.23%), Manganese: 0.08mg (4.04%), Vitamin B12: 0.2µg (3.29%), Vitamin B3: 0.63mg (3.13%), Zinc: 0.39mg (2.59%), Iron: 0.43mg (2.38%), Vitamin C: 1.87mg (2.27%), Vitamin B2: 0.04mg (2.19%), Magnesium: 8.61mg (2.15%), Vitamin A: 98.94IU (1.98%), Vitamin K: 2µg (1.9%), Potassium: 62.22mg (1.78%), Vitamin B6: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.5%), Folate: 5.14µg (1.29%), Fiber: 0.32g (1.27%), Vitamin D: 0.15µg (1.03%)