



Easy Tuna Primavera

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli frozen thawed drained
- 3 tablespoons butter
- 10 oz tuna drained canned
- 2 medium carrots cut into 1/8-inch slices (1 cup)
- 2 cups milk
- 4.5 oz mushrooms drained sliced
- 1 box tuna
- 1.7 cups water hot

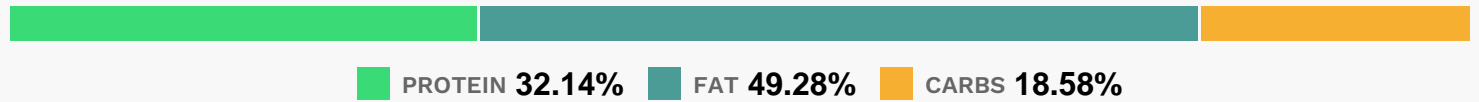
Equipment

- frying pan

Directions

- In 12-inch skillet, heat milk, hot water, butter, contents of uncooked pasta and sauce mix pouches (from Tuna Helper box), carrots and tuna to boiling over high heat, stirring occasionally.
- Reduce heat. Cover; simmer 5 minutes, stirring occasionally.
- Stir in broccoli 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:29.77, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:18.852608825849%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 191.77kcal (9.59%), Fat: 10.63g (16.35%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.62g (2.77%), Sugar: 6.66g (7.4%), Cholesterol: 32.2mg (10.73%), Sodium: 268.77mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.2%), Vitamin A: 4676.92IU (93.54%), Selenium: 43.27µg (61.81%), Vitamin B3: 7.02mg (35.11%), Vitamin B12: 2.01µg (33.47%), Phosphorus: 220.56mg (22.06%), Vitamin C: 17.69mg (21.44%), Vitamin K: 21.58µg (20.55%), Vitamin B2: 0.32mg (18.93%), Vitamin B6: 0.33mg (16.67%), Calcium: 152.27mg (15.23%), Potassium: 464.9mg (13.28%), Vitamin D: 1.81µg (12.05%), Vitamin B5: 1mg (10.05%), Magnesium: 34.76mg (8.69%), Vitamin B1: 0.12mg (8.12%), Iron: 1.28mg (7.11%), Copper: 0.14mg (7.08%), Zinc: 1.05mg (6.98%), Folate: 22.42µg (5.61%), Fiber: 1.4g (5.58%), Vitamin E: 0.8mg (5.32%), Manganese: 0.1mg (4.93%)