



HEALTH SCORE

63%

Easy Tuna Primavera



Very Healthy

READY IN



20 min.

SERVINGS



5

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli fresh green frozen thawed drained giant®
- ☐ 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 green drained sliced giant®
- ☐ 1 box soup noodles tuna helper®
- ☐ 1.7 cups water hot

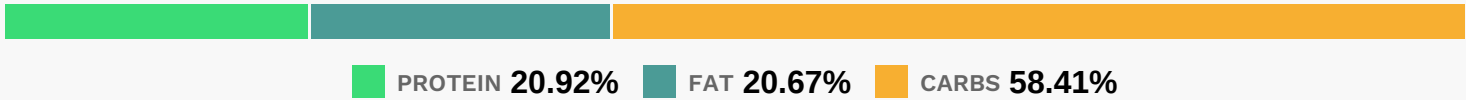
Equipment

- ☐ 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:38.17, Glycemic Load:29.93, Inflammation Score:-10, Nutrition Score:26.957391469375%

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: 525.49kcal (26.27%), Fat: 11.99g (18.44%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 76.22g (25.41%), Net Carbohydrates: 71.94g (26.16%), Sugar: 9.06g (10.07%), Cholesterol: 32.12mg (10.71%), Sodium: 273.73mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.3g (54.59%), Selenium: 100.01µg (142.88%), Vitamin A: 4676.81IU (93.54%), Manganese: 0.92mg (46.19%), Vitamin B3: 8.53mg (42.66%), Phosphorus: 390.38mg (39.04%), Vitamin B12: 2µg (33.38%), Vitamin B6: 0.46mg (23.03%), Vitamin B2: 0.38mg (22.09%), Vitamin C: 17.69mg (21.44%), Vitamin K: 21.67µg (20.64%), Magnesium: 82.41mg (20.6%), Copper: 0.4mg (20.08%), Potassium: 665.25mg (19.01%), Calcium: 171.13mg (17.11%), Fiber: 4.28g (17.1%), Zinc: 2.31mg (15.43%), Vitamin B5: 1.39mg (13.92%), Iron: 2.45mg (13.59%), Vitamin B1: 0.2mg (13.52%), Vitamin D: 1.8µg (12.03%), Folate: 38.61µg (9.65%), Vitamin E: 0.9mg (5.97%)