



 **66%**
HEALTH SCORE

Individual Tuna Casseroles

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1675 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup three cheese shredded with a touch of philadelphia kraft
- 0.5 cup philadelphia chive & onion 1/3 less fat than cream cheese ()
- 2 cups shells cooked
- 1.3 cups milk fat-free
- 2 green onions thinly sliced
- 0.5 cup peas-carrots mix shopping list frozen
- 0.5 cup pasilla peppers red finely chopped
- 0.3 cup ritz crackers crushed

10 oz tuna in water white flaked drained canned

Equipment

- bowl
- frying pan
- oven
- whisk
- microwave

Directions

- Heat oven to 350F.
- Combine first 6 ingredients in large bowl.
- Whisk reduced-fat cream cheese spread and milk in microwaveable bowl until blended. Microwave on HIGH 2 to 3 min. or until cream cheese is melted and mixture is well blended, stirring every 30 sec.
- Add to tuna mixture; mix lightly.
- Spoon into 4 (1-cup) ovenproof dishes sprayed with cooking spray; top with cracker crumbs.
- Place in shallow pan.
- Bake 25 to 30 min. or until casseroles are heated through and tops are golden brown.

Nutrition Facts



Properties

Glycemic Index:172.75, Glycemic Load:43.67, Inflammation Score:-10, Nutrition Score:63.399999867315%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 1675.14kcal (83.76%), Fat: 73.58g (113.21%), Saturated Fat: 39.95g (249.69%), Carbohydrates: 131.99g (44%), Net Carbohydrates: 122.29g (44.47%), Sugar: 26.13g (29.03%), Cholesterol: 294.62mg (98.21%), Sodium: 2253.2mg (97.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 117.82g (235.63%), Selenium: 300.93µg (429.9%), Vitamin A: 12216.63IU (244.33%), Vitamin B12: 10.26µg (171%), Vitamin B3: 32.4mg (162.01%), Phosphorus: 1509.27mg (150.93%), Calcium: 1480.78mg (148.08%), Vitamin C: 107.71mg (130.56%), Vitamin B2: 1.38mg (80.95%), Vitamin B6: 1.6mg (80.22%), Manganese: 1.31mg (65.29%), Vitamin K: 66.61µg (63.44%), Zinc: 9.49mg (63.25%), Iron: 10.58mg (58.75%), Magnesium: 209.4mg (52.35%), Vitamin D: 7.45µg (49.66%), Potassium: 1594.83mg (45.57%), Vitamin B1: 0.62mg (41.08%), Fiber: 9.71g (38.83%), Folate: 148.62µg (37.16%), Copper: 0.56mg (27.96%), Vitamin B5: 2.74mg (27.38%), Vitamin E: 3.95mg (26.31%)