



Mike's Portuguese Tuna Rice Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup olives black sliced
- 1 tablespoon butter
- 10 ounce tuna drained canned
- 2 cloves garlic minced
- 0.8 cup heavy cream
- 3 tablespoons catsup
- 1 tablespoon olive oil
- 1 small onion chopped

- 1 teaspoon pepper sauce hot
- 6 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded
- 3 cups water
- 1.5 cups rice white uncooked

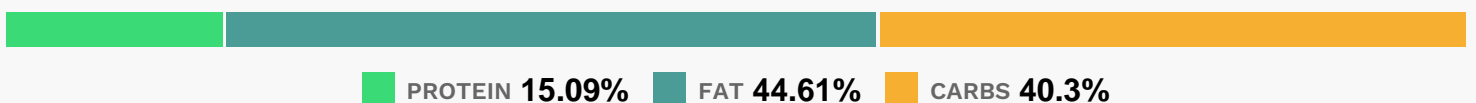
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Bring the rice, water, butter, and 1 tablespoon olive oil to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- Preheat an oven to 350 degrees F (175 degrees C).
- Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tuna, cream, ketchup, hot sauce, salt, and pepper. Simmer on low until the mixture thickens, about 10 minutes.
- Cover the bottom of an 8 inch square baking dish with half of the cooked rice.
- Spread the tuna mixture over the rice and cover with the remaining rice.
- Sprinkle the olives and cheese over the top of the rice.
- Bake until the cheese melts and the casserole is heated through, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:32.53, Glycemic Load:22.65, Inflammation Score:-5, Nutrition Score:12.653913135114%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 418.38kcal (20.92%), Fat: 20.66g (31.79%), Saturated Fat: 10.6g (66.23%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 40.79g (14.83%), Sugar: 3.13g (3.48%), Cholesterol: 65.06mg (21.69%), Sodium: 651.94mg (28.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.45%), Selenium: 42.95µg (61.36%), Vitamin B3: 5.61mg (28.04%), Manganese: 0.55mg (27.67%), Vitamin B12: 1.37µg (22.76%), Phosphorus: 186.25mg (18.62%), Vitamin B6: 0.29mg (14.34%), Vitamin A: 701.01IU (14.02%), Calcium: 123.44mg (12.34%), Vitamin B2: 0.18mg (10.45%), Vitamin E: 1.48mg (9.89%), Copper: 0.18mg (8.87%), Zinc: 1.3mg (8.65%), Magnesium: 31.95mg (7.99%), Iron: 1.35mg (7.47%), Vitamin D: 1.1µg (7.33%), Vitamin B5: 0.68mg (6.83%), Potassium: 220.29mg (6.29%), Fiber: 1.22g (4.87%), Vitamin B1: 0.07mg (4.41%), Vitamin K: 3.35µg (3.19%), Folate: 12.13µg (3.03%), Vitamin C: 2.16mg (2.62%)