



## Potato-Tuna Avocados

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup water
- 10.8 oz cream of mushroom soup canned
- 1 cup potatoes mashed
- 1 oz cheddar cheese shredded
- 2 tablespoons pimientos chopped
- 2 tablespoons parsley fresh chopped
- 1 teaspoon onion instant minced
- 0.1 teaspoon garlic powder

- 5 oz tuna drained canned
- 4 avocado ripe cut lengthwise into halves
- 1 serving paprika

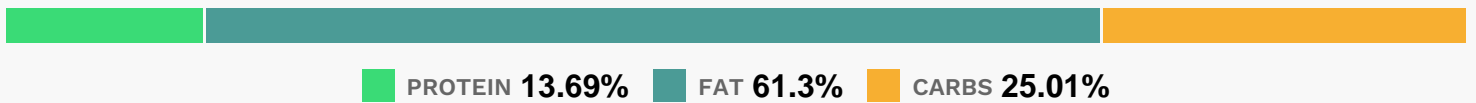
## Equipment

- frying pan
- sauce pan
- oven
- glass baking pan

## Directions

- In 2-quart saucepan, heat water and soup to boiling over medium heat, stirring occasionally. Stir in remaining ingredients except avocados and paprika.
- Place avocado halves, cut sides up, in 13x9-inch (2-quart) glass baking dish. Divide potato mixture among avocado halves.
- Sprinkle with paprika.
- Pour 1/4 cup water into pan.
- Set oven control to broil. Broil with tops 4 to 5 inches from heat 4 to 5 minutes or until light brown and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:34.34, Glycemic Load:4.21, Inflammation Score:-6, Nutrition Score:14.972173794456%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.23mg,

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 237.03kcal (11.85%), Fat: 17.14g (26.37%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 8.13g (2.96%), Sugar: 1.05g (1.17%), Cholesterol: 11.83mg (3.94%), Sodium: 342.58mg (14.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Vitamin K: 38.71µg (36.87%), Fiber: 7.6g (30.41%), Vitamin C: 20.47mg (24.82%), Folate: 91.7µg (22.92%), Vitamin B6: 0.43mg (21.36%), Vitamin B3: 4.19mg (20.97%), Potassium: 699.25mg (19.98%), Selenium: 13.53µg (19.33%), Vitamin B5: 1.6mg (15.98%), Copper: 0.31mg (15.63%), Manganese: 0.31mg (15.53%), Vitamin E: 2.28mg (15.2%), Phosphorus: 121.19mg (12.12%), Vitamin B2: 0.2mg (11.71%), Magnesium: 44.25mg (11.06%), Vitamin A: 499.8IU (10%), Zinc: 1.42mg (9.46%), Vitamin B12: 0.55µg (9.23%), Iron: 1.52mg (8.45%), Vitamin B1: 0.11mg (7.01%), Calcium: 47.58mg (4.76%), Vitamin D: 0.23µg (1.56%)