



Potato-Tuna Avocados

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 avocado ripe cut lengthwise into halves
- 5 oz tuna drained canned
- 10.8 oz cream of mushroom soup canned
- 2 tablespoons parsley fresh chopped
- 0.1 teaspoon garlic powder
- 1 teaspoon onion instant minced
- 8 servings paprika
- 2 tablespoons pimiento stuffed olives chopped

- 1 cup potatoes dry mashed ()
- 1 oz cheddar cheese shredded
- 0.3 cup water

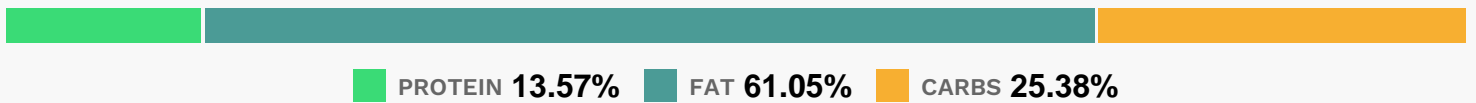
Equipment

- 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:28.72, Glycemic Load:4.19, Inflammation Score:-8, Nutrition Score:16.226956512617%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 243.81kcal (12.19%), Fat: 17.66g (27.16%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 8.32g (3.03%), Sugar: 1.12g (1.24%), Cholesterol: 11.83mg (3.94%), Sodium: 374.33mg (16.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.66%), Vitamin K: 39.76µg (37.87%), Fiber: 8.19g (32.77%), Vitamin A: 1270.05IU (25.4%), Folate: 92.35µg (23.09%), Vitamin B6: 0.46mg (22.78%), Vitamin B3: 4.35mg (21.74%), Potassium: 732.75mg (20.94%), Vitamin C: 16.59mg (20.11%), Selenium: 13.65µg (19.51%), Vitamin E: 2.83mg (18.89%), Manganese: 0.34mg (16.75%), Vitamin B5: 1.64mg (16.42%), Copper: 0.33mg (16.26%), Vitamin B2: 0.22mg (12.82%), Phosphorus: 125.98mg (12.6%), Magnesium: 47.32mg (11.83%), Iron: 1.82mg (10.13%), Zinc: 1.49mg (9.91%), Vitamin B12: 0.55µg (9.23%), Vitamin B1: 0.11mg (7.37%), Calcium: 52.37mg (5.24%), Vitamin D: 0.23µg (1.56%)