



Quick Tuna 'Casserole

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup vegetables mixed frozen (carrots, corn, peas)
- 7.3 oz macaroni & cheese dinner kraft
- 0.3 cup ritz crackers crushed
- 5 oz tuna in water white flaked drained canned

Equipment

- sauce pan

Directions

- Prepare Dinner in large saucepan as directed on package, adding vegetables to the boiling water for the last 2 min.
- Add tuna; mix lightly.
- Top with cracker crumbs.

Nutrition Facts



Properties

Glycemic Index:5.45, Glycemic Load:3.46, Inflammation Score:-4, Nutrition Score:2.2847825871861%

Nutrients (% of daily need)

Calories: 51.45kcal (2.57%), Fat: 1.44g (2.22%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.27g (2.28%), Sugar: 0.08g (0.09%), Cholesterol: 2.55mg (0.85%), Sodium: 107.34mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin A: 466.14IU (9.32%), Selenium: 4.89µg (6.98%), Phosphorus: 57.99mg (5.8%), Vitamin B3: 0.87mg (4.33%), Manganese: 0.08mg (3.86%), Vitamin B12: 0.18µg (3.04%), Iron: 0.46mg (2.57%), Calcium: 19.99mg (2%), Magnesium: 7.5mg (1.87%), Vitamin B6: 0.03mg (1.6%), Fiber: 0.39g (1.55%), Zinc: 0.23mg (1.52%), Potassium: 53.2mg (1.52%), Vitamin B1: 0.02mg (1.18%), Vitamin C: 0.95mg (1.15%)