



Tiny Tuna Delights

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stalk celery finely chopped
- 2 eggs
- 4 green onions chopped
- 0.5 cup real mayo mayonnaise kraft
- 6 oz stove top stuffing mix for chicken
- 1 cup water
- 10 oz tuna in water light chunk flaked drained canned
- 4 oz velveeta cut into 12 cubes

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Equipment

frying pan

oven

muffin tray

Directions

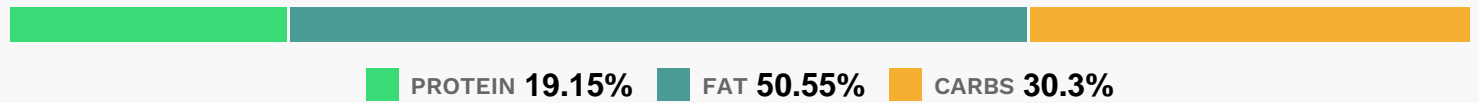
Heat oven to 400F.

Mix all ingredients except VELVEETA until blended; spoon into 12 muffin pan cups sprayed with cooking spray.

Press 1 VELVEETA cube into center of tuna mixture in each cup, completely enclosing VELVEETA cube.

Bake 15 min. or until golden brown. Cool 5 min. before removing from pan to serve.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:14.147391288177%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 303.35kcal (15.17%), Fat: 16.79g (25.83%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 21.42g (7.79%), Sugar: 2.78g (3.09%), Cholesterol: 79.69mg (26.56%), Sodium: 649.73mg (28.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.63%), Selenium: 50.65µg (72.36%), Vitamin K: 49.39µg (47.04%), Vitamin B3: 6.4mg (31.98%), Vitamin B12: 1.37µg (22.88%), Folate: 64.86µg (16.22%), Phosphorus: 142.22mg (14.22%), Vitamin B2: 0.23mg (13.77%), Vitamin B1: 0.2mg (13.11%), Iron: 2.3mg (12.76%), Vitamin B6: 0.23mg (11.53%), Manganese: 0.2mg (10.12%), Vitamin E: 1.09mg (7.28%), Magnesium: 26.88mg (6.72%), Potassium: 216.29mg (6.18%), Vitamin D: 0.9µg (5.98%), Copper: 0.12mg (5.98%), Zinc: 0.84mg (5.58%), Calcium: 55.32mg (5.53%), Fiber: 1.22g (4.89%), Vitamin B5: 0.46mg (4.62%), Vitamin A: 228.53IU (4.57%), Vitamin C: 1.71mg

(2.07%)