



Tuna and Broccoli Bake

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets fresh
- 10 oz water-packed tuna drained canned
- 8 oz cheddar cheese shredded
- 0.8 cup cream sour
- 0.8 cup milk
- 3 eggs
- 0.8 cup frangelico

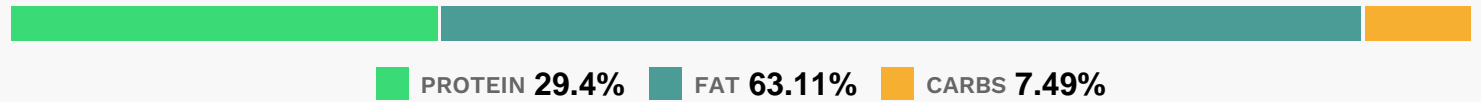
Equipment

- bowl
- oven
- knife
- whisk
- baking pan

Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) baking dish with cooking spray.
- Sprinkle broccoli, tuna and 1 1/2 cups of the cheese in baking dish.
- In large bowl, stir Bisquick mix, sour cream, milk and eggs with wire whisk or fork until blended.
- Pour into baking dish.
- Bake 30 to 40 minutes or until knife inserted in center comes out clean.
- Sprinkle with remaining 1/2 cup cheese.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:18.427825875904%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 313.74kcal (15.69%), Fat: 22.05g (33.93%), Saturated Fat: 11.56g (72.23%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.1g (1.85%), Sugar: 3.17g (3.52%), Cholesterol: 157.27mg (52.42%), Sodium: 412.44mg (17.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.23%), Selenium: 51.89µg (74.13%), Calcium: 368.88mg (36.89%), Phosphorus: 354.09mg (35.41%), Vitamin B12: 2.04µg (33.93%), Vitamin C: 27.32mg (33.11%), Vitamin K: 32.53µg (30.98%), Vitamin B2: 0.43mg (25.4%), Vitamin B3: 4.98mg (24.88%), Vitamin A: 941.98IU (18.84%), Zinc: 2.33mg (15.51%), Vitamin B6: 0.3mg (14.91%), Vitamin D: 1.57µg (10.46%), Folate: 41µg (10.25%), Vitamin B5: 0.95mg

(9.47%), Magnesium: 36.62mg (9.15%), Potassium: 320.16mg (9.15%), Iron: 1.48mg (8.2%), Vitamin E: 1.03mg (6.88%), Vitamin B1: 0.08mg (5.22%), Manganese: 0.09mg (4.35%), Copper: 0.07mg (3.57%), Fiber: 0.79g (3.15%)