



Tuna Cheese Whirl Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups biscuit mix
- ☐ 2 tablespoons butter
- ☐ 6 ounce tuna drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1.7 cups milk
- ☐ 1 tablespoon onion chopped
- ☐ 1 tablespoon pimento chopped
- ☐ 8 ounce creamy pimiento cheese sliced

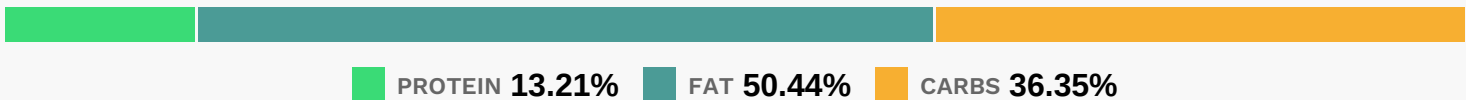
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease a 1 1/2 or 2 quart casserole dish.
- ☐ In a small bowl, combine baking mix with 2/3 cup milk and knead until the dough pulls together. Turn the dough onto a floured surface and form into a rectangle 1/4 to 1/2 inches thick. Arrange 1/2 of the pimento cheese and the pimentos on the dough and roll up the dough lengthwise.
- ☐ Cut the roll into 6 equal portions.
- ☐ In a large saucepan, cook onions and bell pepper in butter until soft.
- ☐ Pour soup into the saucepan, along with 1 cup milk, tuna, and 1/2 of the pimento cheese. Cook the mixture over a medium heat until the cheese is melted.
- ☐ Pour the mixture into the prepared casserole dish. Arrange the 6 slices of dough, cut-side down, on top of the sauce in the casserole dish. Push the dough into the sauce.
- ☐ Bake in preheated oven for 25 minutes or until whirls are golden brown.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:14.031304224678%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 421.24kcal (21.06%), Fat: 22.55g (34.7%), Saturated Fat: 9.36g (58.5%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 35.43g (12.88%), Sugar: 11.66g (12.96%), Cholesterol: 52.33mg (17.44%), Sodium: 1380.78mg (60.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Phosphorus: 359.39mg (35.94%), Selenium: 23.57µg (33.67%), Calcium: 301.84mg (30.18%), Vitamin B3: 5.21mg (26.05%), Vitamin B12: 1.34µg (22.33%), Vitamin B1: 0.29mg (19.45%), Vitamin B2: 0.33mg (19.27%), Manganese: 0.31mg (15.43%), Folate: 55.94µg (13.99%), Vitamin A: 677.15IU (13.54%), Vitamin C: 10.31mg (12.49%), Iron: 2.01mg (11.19%), Vitamin B6: 0.21mg (10.27%), Copper: 0.18mg (9.19%), Potassium: 300mg (8.57%), Zinc: 1.28mg (8.56%), Vitamin B5: 0.76mg (7.58%), Magnesium: 29.27mg (7.32%), Vitamin D: 1.09µg (7.24%), Fiber: 1.13g (4.53%), Vitamin K: 3.91µg (3.72%), Vitamin E: 0.33mg (2.21%)