



 **80%**
HEALTH SCORE

Tuna Florentine

 **Gluten Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



259 kcal

Ingredients

- 8.4 oz tuna
- 2 cups water
- 1.7 cups milk
- 3 tablespoons butter
- 0.3 teaspoon garlic powder
- 5 oz water-packed tuna drained canned
- 9 oz spinach frozen thawed chopped
- 1 cup cherry tomatoes halved
- 1 tablespoon juice of lemon

2 tablespoons parmesan cheese grated

Equipment

frying pan

Directions

- In 12-inch skillet, stir together uncooked pasta and sauce mix from Tuna Helper box, water, milk, butter and garlic powder.
- Heat to boiling over medium heat, stirring occasionally. Stir in tuna, spinach and tomatoes.
- Reduce heat to medium-low; cover and cook 13 to 15 minutes, stirring occasionally, until pasta is tender. Stir in lemon juice; sprinkle with cheese.

Nutrition Facts



PROTEIN 38.01% **FAT 47.05%** **CARBS 14.94%**

Properties

Glycemic Index:10.75, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:30.80086952707%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 259.14kcal (12.96%), Fat: 13.71g (21.1%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 7.66g (2.79%), Sugar: 6.33g (7.04%), Cholesterol: 48.56mg (16.19%), Sodium: 446.75mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.85%), Vitamin K: 238.87µg (227.49%), Vitamin A: 8278.02IU (165.56%), Selenium: 71.26µg (101.8%), Vitamin B12: 3.03µg (50.57%), Vitamin B3: 10.06mg (50.29%), Phosphorus: 293.82mg (29.38%), Calcium: 257.7mg (25.77%), Manganese: 0.51mg (25.73%), Vitamin B6: 0.51mg (25.64%), Folate: 102.22µg (25.56%), Vitamin B2: 0.38mg (22.51%), Magnesium: 87.98mg (21.99%), Vitamin E: 2.77mg (18.45%), Potassium: 636.66mg (18.19%), Iron: 3.07mg (17.05%), Vitamin C: 13.48mg (16.33%), Vitamin D: 2.27µg (15.14%), Vitamin B1: 0.16mg (10.82%), Zinc: 1.58mg (10.54%), Copper: 0.19mg (9.4%), Fiber: 2.14g (8.55%), Vitamin B5: 0.65mg (6.51%)