



Tuna Pea Wiggle

READY IN



75 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 15 ounce peas with liquid canned
- 6 ounce tuna drained canned
- 0.8 cup evaporated milk
- 1 cup flour all-purpose
- 1 quart milk
- 6 servings salt and pepper to taste

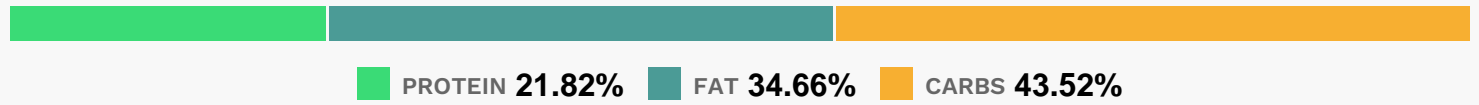
Equipment

- bowl
- sauce pan

Directions

- In a medium bowl, stir together the tuna, peas, butter, salt and pepper. In a saucepan, stir together the flour and milk until smooth. Stir in the tuna mixture, and cook over medium-low heat until thickened, about 45 minutes, stirring occasionally.
- Pour over crackers or toast to serve.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:14.3, Inflammation Score:-8, Nutrition Score:17.412173841311%

Nutrients (% of daily need)

Calories: 313.08kcal (15.65%), Fat: 12.02g (18.5%), Saturated Fat: 6.94g (43.35%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 31.06g (11.3%), Sugar: 13.08g (14.53%), Cholesterol: 48.3mg (16.1%), Sodium: 510.74mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.06%), Selenium: 30.97µg (44.25%), Phosphorus: 330.36mg (33.04%), Vitamin A: 1547.24IU (30.94%), Calcium: 299.86mg (29.99%), Vitamin B12: 1.64µg (27.31%), Vitamin B2: 0.46mg (27.17%), Vitamin B3: 4.98mg (24.88%), Vitamin B1: 0.33mg (22%), Manganese: 0.31mg (15.29%), Vitamin K: 15.78µg (15.03%), Folate: 58.93µg (14.73%), Vitamin D: 2.11µg (14.04%), Potassium: 480.51mg (13.73%), Iron: 2.42mg (13.43%), Vitamin B6: 0.26mg (12.9%), Magnesium: 51.16mg (12.79%), Fiber: 2.9g (11.61%), Zinc: 1.74mg (11.58%), Vitamin B5: 0.99mg (9.92%), Vitamin C: 6.13mg (7.43%), Copper: 0.12mg (6.03%), Vitamin E: 0.36mg (2.39%)