



## Tuna Rice Casserole

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 6 ounce tuna drained canned
- 1 clove garlic minced
- 1.5 cups rice instant
- 2 tablespoons onion finely chopped
- 0.5 teaspoon salt
- 0.5 cup mozzarella cheese shredded
- 0.3 cup tomatoes chopped

1.5 cups water

## Equipment

sauce pan

oven

loaf pan

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium saucepan, mix water, garlic, onion, salt and black pepper. Cover and bring to a boil.

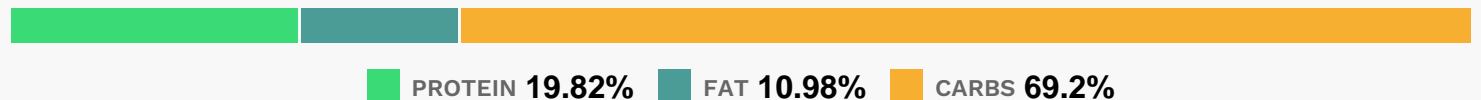
Let boil for 1 minute, then stir in the rice. Cover and remove from heat.

Let stand for 5 minutes.

Line the bottom of a 9x5 inch loaf pan with half of the rice. Top with drained tuna, cheese, tomatoes and the remaining rice.

Bake in a preheated oven for 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:107.59, Glycemic Load:67.53, Inflammation Score:-5, Nutrition Score:23.316521696422%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

## Nutrients (% of daily need)

Calories: 677.82kcal (33.89%), Fat: 8.04g (12.38%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 114.09g (38.03%), Net Carbohydrates: 111.73g (40.63%), Sugar: 1.39g (1.54%), Cholesterol: 52.74mg (17.58%), Sodium: 960.68mg (41.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.36%), Selenium: 83.66µg (119.52%), Manganese: 1.66mg (82.93%), Vitamin B3: 10.82mg (54.12%), Vitamin B12: 2.82µg (47.07%), Phosphorus:

385.65mg (38.57%), Vitamin B6: 0.56mg (27.85%), Calcium: 210.33mg (21.03%), Copper: 0.4mg (20.2%), Zinc: 2.98mg (19.88%), Magnesium: 65.92mg (16.48%), Vitamin B5: 1.62mg (16.17%), Iron: 2.8mg (15.58%), Vitamin B2: 0.23mg (13.28%), Potassium: 402.05mg (11.49%), Vitamin B1: 0.15mg (9.74%), Fiber: 2.36g (9.42%), Vitamin A: 395.97IU (7.92%), Vitamin D: 1.13µg (7.55%), Folate: 21.29µg (5.32%), Vitamin C: 3.76mg (4.56%), Vitamin E: 0.6mg (3.97%), Vitamin K: 3.31µg (3.15%)