



Tuna with Cheese-Garlic Biscuits

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz water-packed tuna flaked drained canned
- 10.8 oz cream of mushroom soup canned
- 1.5 cups savory vegetable mixed frozen thawed drained
- 0.7 cup milk
- 0.3 cup cheddar cheese shredded
- 0.5 cup milk
- 2 tablespoons butter melted
- 0.1 teaspoon garlic powder

1.3 cups frangelico

Equipment

bowl

oven

Directions

- Heat oven to 425°F. In ungreased 2-quart casserole, mix tuna, soup, vegetables and 2/3 cup milk.
- Bake uncovered 20 minutes.
- In medium bowl, stir Bisquick mix, cheese and 1/2 cup milk until soft dough forms. Drop dough by 6 spoonfuls onto hot tuna mixture.
- Bake uncovered 10 to 12 minutes or until biscuits are golden brown.
- Mix butter and garlic powder; brush over warm biscuits.

Nutrition Facts

 **PROTEIN 33.05%**  **FAT 43.54%**  **CARBS 23.41%**

Properties

Glycemic Index:25.5, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:13.618260886358%

Nutrients (% of daily need)

Calories: 190.47kcal (9.52%), Fat: 9.31g (14.32%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 9.33g (3.39%), Sugar: 2.3g (2.56%), Cholesterol: 31.52mg (10.51%), Sodium: 588.11mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.8%), Vitamin A: 2644.11IU (52.88%), Selenium: 34.91µg (49.87%), Vitamin B3: 5.77mg (28.84%), Vitamin B12: 1.62µg (27.05%), Phosphorus: 184.31mg (18.43%), Manganese: 0.28mg (13.78%), Calcium: 126.1mg (12.61%), Vitamin B6: 0.25mg (12.5%), Vitamin B2: 0.2mg (11.93%), Zinc: 1.5mg (10.01%), Potassium: 322.32mg (9.21%), Iron: 1.59mg (8.84%), Copper: 0.17mg (8.47%), Magnesium: 32.92mg (8.23%), Fiber: 1.93g (7.71%), Vitamin D: 1.13µg (7.51%), Vitamin B1: 0.11mg (7.26%), Vitamin C: 4.74mg (5.75%), Folate: 20.03µg (5.01%), Vitamin B5: 0.45mg (4.48%), Vitamin E: 0.37mg (2.48%)