



25 min



Serves 4



FRESH

ONE-POT TUNA MACARONI

Ingredients:

1 package (7.25oz)
macaroni & cheese
dinner

1 cup frozen peas, or
other vegetable

1 can (6oz) tuna drained,
flaked

Directions:

1. Prepare macaroni and cheese dinner in a large saucepan as directed on package, adding peas to the boiling water for the last 3 minutes
2. Stir in tuna, cook on low heat for 1 to 2 min or until heated throughout, stirring occasionally.

Source: www.kraftrecipes.com

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NUTRITION INFO

Per: 1 serving of tuna mac
(4 servings per recipe)

| | |
|--------------------|----------|
| Energy..... | 390 kcal |
| Fat..... | 15g |
| Carbohydrates..... | 42g |
| Protein..... | 19g |



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