

Tuna Mac-n-Cheese

Print Recipe

Ingredients

2 cans tuna
4 tbsp butter powder
1/3 cup dry milk powder
1/4 cup powdered cheddar cheese
1/2 tsp pepper
1/4 tsp nutmeg
1/2 tsp garlic powder
1/4 tsp paprika
1 # pasta

Nutrition Info

Calories: 354.0

Fat: 10.5g

Carbohydrates: 44.8g

Protein: 20.8g

Directions

Cook pasta in salted boiling water under just al dente. Drain, set aside. Add 1/2 cup water to cheese sauce, mix well and cook over low heat until thickened. Stir in undrained tuna and cooked pasta - heat through. Serve with parmesan cheese and/or nutritional yeast if desired.

Serving Size: 1 generous cup