

Keto Tuna Mornay

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tin-tuna-fish-indian-recipe>

Ingredients:

- 1 batch cheese sauce Keto
- 4 3/8 cups broccoli florets 14 oz
- 15/16 pound tuna Tin of, drained, 15 oz
- 7/8 cup cheddar cheese grated, 4 oz

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 65 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 34 grams
7. SaturatedFat: 6 grams
8. Sodium: 230 milligrams
9. Sugar: 2 grams

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