

# Smoked Tuna Lasagna

Yield: 2 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/tuna-lasagna-recipe-south-africa>

## Ingredients:

- 4 lasagna noodles precooked
- 1 can tuna smoked
- 2 tomatoes
- 1 piece onion
- 1 clove garlic
- 1 teaspoon chile flakes arbol, may substitute red pepper flakes
- 2 strips bacon
- 1 teaspoon chicken bouillon powder
- 6 olives minced
- 1 tablespoon caper berries
- ground black pepper
- salt
- 1 slice mozzarella or other melting cheese

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 50 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 7 grams
8. Sodium: 1040 milligrams
9. Sugar: 6 grams

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