

# Tuna-Broccoli Loaf

*Susan McEwen McIntosh*

*"Southern Living" Cooking Light - 1983*

## Servings: 8

### LOAF

*1 package (10 ounces) frozen chopped broccoli*

*4 eggs*

*1/2 cup skim milk*

*1 cup soft whole wheat breadcrumbs*

*2 cans (6-1/2 ounces ea) water-packed tuna, drained and flaked*

*1 small onion, finely chopped*

*1/2 cup (two ounces) Swiss cheese, shredded*

*2 teaspoons lemon juice*

*vegetable cooking spray*

### SWISS CHEESE SAUCE

*1 tablespoon reduced-calorie margarine*

*1 tablespoon all-purpose flour*

*3/4 cup skim milk*

*1/4 teaspoon dry mustard*

*1/8 teaspoon salt*

*1/8 teaspoon white pepper*

*1/2 cup (two ounces) Swiss cheese, shredded*

Prepare the Swiss Cheese Sauce. Melt the margarine in a small saucepan over low heat. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly. (Mixture will be dry.) Gradually add the milk, stirring with a wire whisk until smooth. Cook over medium heat, stirring constantly, until thickened and bubbly. Add the mustard, salt, pepper and cheese, stirring until the cheese is melted. Set aside.

Preheat the oven to 350 degrees.

Cook the broccoli according to package directions, omitting salt. Drain well and set aside.

In a large bowl, combine the eggs and milk; beat well. Stir in the breadcrumbs; let stand for 5 minutes. Stir in the broccoli, tuna, onion, cheese and lemon juice, mixing well. Pack into a 8-1/2x4-1/2x3-inch loaf pan coated with cooking spray.

Bake the loaf for one hour. Let stand for 5 minutes. Unmold onto a serving platter. Cut into one-inch slices.

Serve with the Swiss Cheese Sauce.

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Per Serving (excluding unknown items): 119 Calories; 7g Fat (54.7% calories from fat); 9g Protein; 5g Carbohydrate; trace Dietary Fiber; 120mg Cholesterol; 141mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat.

Seafood

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	119	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	54.7%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	15.6%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	29.7%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	7g	<b>Folacin (mcg):</b>	19mcg
<b>Saturated Fat (g):</b>	3g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	2g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	120mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	5g		
<b>Dietary Fiber (g):</b>	trace		
<b>Protein (g):</b>	9g		
<b>Sodium (mg):</b>	141mg		
<b>Potassium (mg):</b>	138mg		
<b>Calcium (mg):</b>	200mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	2mg		
<b>Vitamin A (i.u.):</b>	388IU		
<b>Vitamin A (r.e.):</b>	109RE		

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 119      **Calories from Fat:** 65

### % Daily Values\*

<b>Total Fat</b> 7g	11%
Saturated Fat 3g	17%
<b>Cholesterol</b> 120mg	40%
<b>Sodium</b> 141mg	6%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber trace	1%
<b>Protein</b> 9g	
<b>Vitamin A</b>	8%
<b>Vitamin C</b>	3%
<b>Calcium</b>	20%
<b>Iron</b>	3%

\* Percent Daily Values are based on a 2000 calorie diet.