



## Contemporary Tuna-Noodle Casserole

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 oz solid albacore tuna in water white drained canned
- 16 oz alfredo sauce
- 2 tablespoons butter melted
- 0.3 cup wine dry white
- 0.5 cup breadcrumbs plain dry
- 6 oz rotini pasta uncooked
- 1 teaspoon seasoning italian
- 1 teaspoon lemon zest grated

- 4.5 oz mushrooms whole drained
- 9 oz sugar snap peas frozen thawed drained

## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 375F. Spray 2-quart baking dish with cooking spray.
- Cook and drain pasta as directed on package using minimum cook time. In large bowl, stir Alfredo sauce, wine, Italian seasoning, lemon peel, tuna, peas, mushrooms and pasta. Spoon into baking dish.
- In small bowl, stir together bread crumbs and butter; sprinkle in baking dish.
- Bake 25 to 30 minutes or until topping is golden brown.

## Nutrition Facts

 PROTEIN **21.03%**  FAT **43.2%**  CARBS **35.77%**

## Properties

Glycemic Index:15.67, Glycemic Load:8.72, Inflammation Score:-6, Nutrition Score:15.439565243928%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 405.35kcal (20.27%), Fat: 18.64g (28.67%), Saturated Fat: 7.57g (47.32%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 31.91g (11.6%), Sugar: 4.8g (5.34%), Cholesterol: 69.44mg (23.15%), Sodium: 801.35mg (34.84%), Alcohol: 1.37g (100%), Alcohol %: 0.72% (100%), Protein: 20.41g (40.82%), Selenium: 53.53µg (76.48%), Vitamin C: 26.41mg (32.01%), Manganese: 0.5mg (24.88%), Vitamin B3: 4.87mg (24.37%), Phosphorus: 215.79mg

(21.58%), Vitamin K: 14.56µg (13.87%), Iron: 2.41mg (13.41%), Vitamin B1: 0.2mg (13.28%), Vitamin A: 644.45IU (12.89%), Vitamin B6: 0.25mg (12.75%), Magnesium: 49.03mg (12.26%), Vitamin B2: 0.2mg (11.72%), Copper: 0.23mg (11.37%), Fiber: 2.81g (11.23%), Potassium: 361.66mg (10.33%), Vitamin B12: 0.6µg (9.96%), Folate: 38.17µg (9.54%), Vitamin B5: 0.88mg (8.82%), Zinc: 1.01mg (6.72%), Vitamin D: 0.99µg (6.58%), Calcium: 56.33mg (5.63%), Vitamin E: 0.81mg (5.43%)