



WHATSheATE



Creamy Tuna and Broccoli Casserole with Bagel Chips

READY IN



50 min.

SERVINGS



6

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz solid albacore tuna in water drained canned
- ☐ 1.5 cups roasted-garlic bagel chips (from 6-oz bag)
- ☐ 3 cups broccoli frozen
- ☐ 18 oz cream of mushroom soup canned
- ☐ 0.3 cup milk
- ☐ 3 cups rotini pasta uncooked

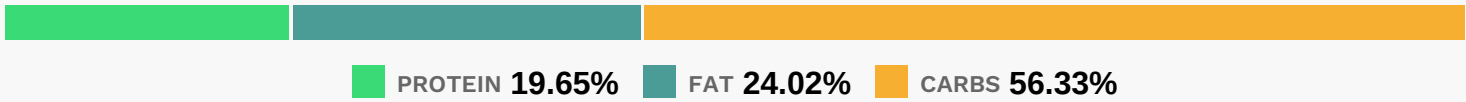
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Cook and drain pasta as directed on package, adding broccoli 5 minutes before pasta is done cooking.
- ☐ Return cooked pasta and broccoli to pan; stir in tuna, soup and milk. Spoon into ungreased 8-inch square (2-quart) glass baking dish.
- ☐ Bake 15 minutes.
- ☐ Sprinkle with bagel chips.
- ☐ Bake 10 to 15 minutes longer or until bagel chips are lightly browned and casserole is hot.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:9.75, Inflammation Score:-5, Nutrition Score:16.012173818505%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 495.13kcal (24.76%), Fat: 13.33g (20.51%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 70.35g (23.45%), Net Carbohydrates: 65.97g (23.99%), Sugar: 6.26g (6.96%), Cholesterol: 17.38mg (5.79%), Sodium: 1384.9mg (60.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.54g (49.08%), Selenium: 38.88µg (55.54%), Vitamin C: 39.25mg (47.57%), Vitamin K: 45.65µg (43.48%), Manganese: 0.63mg (31.42%), Iron: 3.86mg (21.46%), Phosphorus: 182.19mg (18.22%), Fiber: 4.39g (17.54%), Vitamin B3: 3.21mg (16.06%), Copper: 0.29mg (14.48%), Zinc: 1.72mg (11.44%), Potassium: 395.54mg (11.3%), Vitamin B6: 0.22mg (11.07%), Magnesium: 41.67mg (10.42%), Folate: 39.64µg (9.91%), Vitamin B12: 0.52µg (8.71%), Vitamin B2: 0.15mg (8.65%), Vitamin B5: 0.62mg (6.16%), Vitamin A: 296.26IU (5.93%), Vitamin B1: 0.08mg (5.55%), Calcium: 46.86mg (4.69%), Vitamin D: 0.68µg (4.53%), Vitamin E: 0.62mg (4.15%)