



Curried Tuna Noodle Casserole

READY IN



45 min.

SERVINGS



7

CALORIES



276 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons butter
- ☐ 0.3 cup round buttery crackers crushed reduced-fat (such as Ritz; 7 crackers)
- ☐ 0.8 pound mushrooms sliced
- ☐ 4 cups egg noodles hot cooked uncooked
- ☐ 2 teaspoons curry powder
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.8 cup spring onion sliced
- ☐ 1.5 cups milk 1% low-fat

- ☐ 0.8 cup peas green frozen thawed
- ☐ 0.7 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce solid albacore tuna in water white flaked drained canned

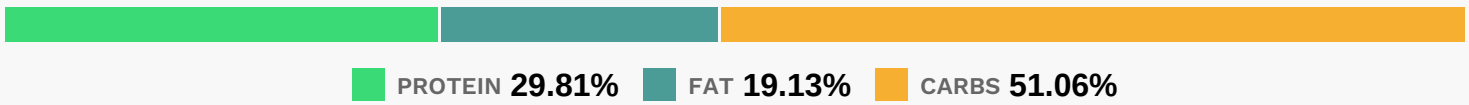
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Preheat oven to 37
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add the mushrooms; saut 6 minutes or until soft.
- ☐ Add the peas, onions, bell pepper, and curry; saut 5 minutes or until vegetables are tender.
- ☐ Place flour in a small bowl; gradually add milk, stirring with a whisk.
- ☐ Add to mushroom mixture; bring to a boil. Reduce heat; simmer 2 minutes or until thick, stirring frequently.
- ☐ Remove from heat; stir in pasta, parsley, salt, and tuna. Spoon into a 2-quart casserole dish.
- ☐ Sprinkle with crushed crackers. Cover and bake 20 minutes.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:14.05, Inflammation Score:-8, Nutrition Score:21.514782656794%

Flavonoids

Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 275.63kcal (13.78%), Fat: 5.89g (9.06%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 31.93g (11.61%), Sugar: 5.78g (6.42%), Cholesterol: 52.53mg (17.51%), Sodium: 408.75mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.31%), Selenium: 61.02µg (87.18%), Vitamin K: 64.89µg (61.8%), Vitamin C: 30.33mg (36.76%), Phosphorus: 306.16mg (30.62%), Vitamin B3: 5.86mg (29.29%), Manganese: 0.48mg (24.01%), Vitamin B2: 0.37mg (21.93%), Vitamin A: 1019.86IU (20.4%), Vitamin B12: 0.98µg (16.35%), Copper: 0.32mg (15.88%), Vitamin B6: 0.31mg (15.69%), Magnesium: 58.32mg (14.58%), Potassium: 509.35mg (14.55%), Fiber: 3.44g (13.77%), Vitamin B5: 1.31mg (13.12%), Folate: 51.73µg (12.93%), Vitamin B1: 0.19mg (12.83%), Iron: 2.26mg (12.55%), Vitamin D: 1.72µg (11.45%), Zinc: 1.65mg (11.01%), Calcium: 105.46mg (10.55%), Vitamin E: 1.14mg (7.59%)