



Dairy-Free Tuna Noodle UnCasserole

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons dairy-free buttery spread
- ☐ 2 tablespoons flour gluten-free whole wheat all-purpose (can use or flour, if needed)
- ☐ 2 cups chicken broth
- ☐ 6 ounce tuna flaked canned
- ☐ 1.5 cups peas fresh green frozen canned (can sub or)
- ☐ 0.5 teaspoon pepper black
- ☐ 6 cups soup noodles gluten-free rinsed cooked drained (can use , if needed)

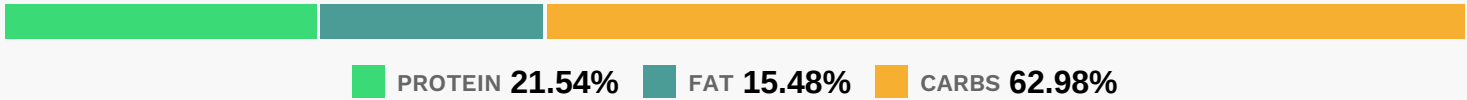
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Melt the buttery spread in a skillet or pot over medium heat.
- ☐ Add the flour and whisk until no lumps remain.
- ☐ Add ¼ to ½ cup of the chicken broth and whisk until smooth.
- ☐ Slowly whisk in the remaining chicken broth.
- ☐ Add the flaked tuna, and bring to a boil while continuing to whisk.
- ☐ Once boiling, add the frozen peas, reduce the heat to low, and simmer until the sauce reaches your desired thickness, about 3 to 5 minutes.
- ☐ Whisk in the black pepper.
- ☐ Add the cooked noodles and gently stir until they are well-coated in the sauce.

Nutrition Facts



Properties

Glycemic Index:31.21, Glycemic Load:26.97, Inflammation Score:-7, Nutrition Score:19.724782694941%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 421.04kcal (21.05%), Fat: 7.16g (11.01%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 65.5g (21.83%), Net Carbohydrates: 58.81g (21.38%), Sugar: 4.7g (5.22%), Cholesterol: 17.66mg (5.89%), Sodium: 578.8mg (25.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.79%), Selenium: 76.82µg (109.75%), Manganese: 0.88mg (44.22%), Vitamin B3: 6.32mg (31.6%), Fiber: 6.7g (26.78%), Vitamin C: 21.75mg (26.36%), Phosphorus: 224.58mg (22.46%), Iron: 4mg (22.22%), Vitamin B12: 1.12µg (18.61%), Vitamin K: 17.86µg (17.01%), Vitamin B6: 0.32mg (15.75%), Copper: 0.31mg (15.67%), Magnesium: 61.05mg (15.26%), Vitamin B1: 0.22mg (14.51%), Vitamin A: 711.26IU (14.23%), Zinc: 1.94mg (12.93%), Vitamin B2: 0.21mg (12.45%), Folate: 49.42µg (12.36%), Vitamin E: 1.72mg (11.47%), Potassium: 311.5mg (8.9%), Calcium: 41.75mg (4.17%), Vitamin D: 0.51µg (3.4%), Vitamin B5: 0.33mg (3.31%)