



Fabulous Tuna-Noodle Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons butter melted
- ☐ 12 ounce extra wide egg noodles cooked
- ☐ 2 teaspoons parsley flakes dried
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 2.5 cups milk
- ☐ 1 small onion chopped

- ☐ 0.5 teaspoon pepper
- ☐ 1 small bell pepper green red chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces cheddar cheese shredded
- ☐ 18 ounce solid tuna in spring water white flaked drained canned

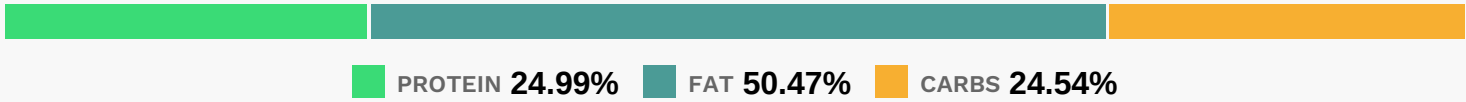
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Melt 1/4 cup butter in a large skillet over medium heat; add bell pepper, onion, and mushrooms, and saute 5 minutes or until tender.
- ☐ Whisk together flour and milk until smooth; stir into vegetable mixture, and cook, stirring constantly, 5 minutes or until thickened.
- ☐ Remove from heat; add cheese, stirring until melted.
- ☐ Stir in tuna and next 4 ingredients; spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake, covered, at 350 for 25 minutes. Stir together breadcrumbs and 2 tablespoons melted butter; sprinkle over casserole, and bake 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:9.1, Inflammation Score:-7, Nutrition Score:19.07913048371%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin:

0.52mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 402.93kcal (20.15%), Fat: 22.55g (34.7%), Saturated Fat: 9.06g (56.6%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 23.28g (8.47%), Sugar: 5.19g (5.77%), Cholesterol: 72.79mg (24.26%), Sodium: 652.29mg (28.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.25%), Selenium: 67.08µg (95.82%), Vitamin B12: 2.43µg (40.48%), Vitamin B3: 7.76mg (38.83%), Phosphorus: 359.37mg (35.94%), Calcium: 331.15mg (33.11%), Vitamin B2: 0.4mg (23.26%), Vitamin A: 867.38IU (17.35%), Vitamin B6: 0.34mg (17.24%), Zinc: 2.27mg (15.12%), Manganese: 0.29mg (14.38%), Vitamin B1: 0.2mg (13.27%), Vitamin D: 1.84µg (12.27%), Magnesium: 47.68mg (11.92%), Iron: 2mg (11.12%), Vitamin C: 8.39mg (10.17%), Potassium: 355.97mg (10.17%), Vitamin B5: 0.87mg (8.73%), Copper: 0.15mg (7.74%), Folate: 30.65µg (7.66%), Vitamin E: 0.91mg (6.07%), Fiber: 1.38g (5.54%), Vitamin K: 2.76µg (2.63%)