



WHATSheATE



Farfalle and Tuna Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



691 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 ounce alfredo sauce refrigerated
- ☐ 12 ounce tuna packed in oil canned
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 pound farfalle pasta (bow-tie pasta)
- ☐ 2 cups spring onion thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup parmesan cheese grated

☐ 1 cup peas frozen thawed

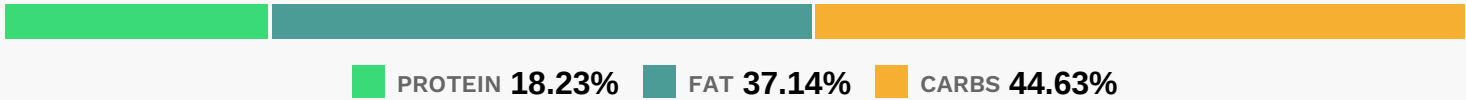
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Drain tuna; reserve oil.
- ☐ Mix breadcrumbs and Parmesan in small bowl.
- ☐ Mix in 4 tablespoons reserved oil from tuna.
- ☐ Cook pasta in pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain well.
- ☐ Transfer pasta to large bowl.
- ☐ Mix in remaining ingredients.
- ☐ Transfer pasta mixture to 3-quart oval baking dish.
- ☐ Sprinkle with crumb mixture.
- ☐ Bake until pasta is hot and topping is golden brown, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:24.14, Inflammation Score:-8, Nutrition Score:24.543478302334%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 690.7kcal (34.54%), Fat: 27.93g (42.98%), Saturated Fat: 13.4g (83.75%), Carbohydrates: 75.52g (25.17%), Net Carbohydrates: 70.08g (25.49%), Sugar: 7.18g (7.98%), Cholesterol: 120.65mg (40.22%), Sodium: 1299.9mg (56.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.84g (61.68%), Selenium: 92.08µg (131.54%), Vitamin K: 80.06µg (76.25%), Manganese: 0.98mg (49%), Vitamin B3: 8.23mg (41.16%), Phosphorus: 328.14mg (32.81%), Vitamin B12: 1.6µg (26.69%), Vitamin C: 18.74mg (22.72%), Fiber: 5.44g (21.75%), Iron: 3.51mg (19.47%), Magnesium: 76.74mg (19.18%), Vitamin B6: 0.38mg (18.9%), Copper: 0.35mg (17.39%), Vitamin B1: 0.26mg (17.32%), Folate: 65.71µg (16.43%), Zinc: 2.38mg (15.89%), Calcium: 158.1mg (15.81%), Potassium: 466.93mg (13.34%), Vitamin B2: 0.22mg (12.96%), Vitamin A: 633.58IU (12.67%), Vitamin B5: 0.55mg (5.51%), Vitamin D: 0.72µg (4.81%), Vitamin E: 0.67mg (4.44%)