



Healthified Tuna-Pasta Casserole

READY IN



60 min.

SERVINGS



8

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz solid albacore tuna in water white drained canned
- 2 teaspoons canola oil
- 10.8 oz cream of mushroom soup fat-free 98% 45% with less sodium canned
- 0.5 cup skim milk fat-free (skim)
- 8 oz mushrooms fresh chopped
- 2 teaspoons garlic finely chopped
- 1 cup bell pepper green chopped
- 8 oz cream sour reduced-fat
- 0.5 cup onion chopped

- 2 tablespoons parmesan cheese grated
- 8 oz penne pasta uncooked
- 0.5 teaspoon pepper
- 1 cup bell pepper red chopped
- 2 oz sharp cheddar cheese shredded reduced-fat
- 0.5 cup keebler® town house toppers® wheat crackers stone-ground crushed

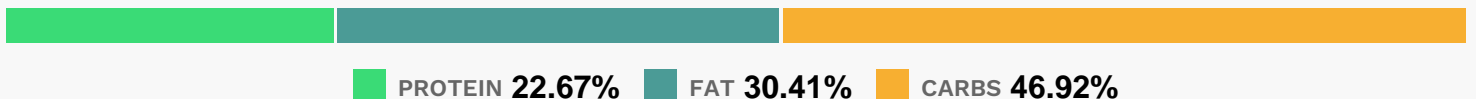
Equipment

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

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish or 3-quart casserole with cooking spray. Cook pasta as directed on package, omitting salt; drain.
- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add bell peppers, onion, mushrooms and garlic; cook 4 to 6 minutes, stirring frequently, until vegetables are tender.
- Stir in soup, sour cream, cream cheese, milk and pepper until well blended. Stir in tuna, pasta and Cheddar cheese. Spoon into baking dish; spread evenly.
- Sprinkle with Parmesan cheese and crushed crackers.
- Bake uncovered 35 to 40 minutes or top is golden brown and mixture is bubbly.

Nutrition Facts



Properties

Glycemic Index:33.16, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:16.504347593888%

Flavonoids

Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 346.74kcal (17.34%), Fat: 11.74g (18.06%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 37.63g (13.68%), Sugar: 5.72g (6.35%), Cholesterol: 35.34mg (11.78%), Sodium: 614.94mg (26.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.39%), Selenium: 47.65µg (68.06%), Vitamin C: 40.64mg (49.26%), Phosphorus: 255.62mg (25.56%), Manganese: 0.48mg (24.08%), Vitamin B3: 4.24mg (21.18%), Vitamin A: 866.15IU (17.32%), Vitamin B2: 0.28mg (16.7%), Calcium: 150.88mg (15.09%), Vitamin B6: 0.3mg (15%), Copper: 0.29mg (14.65%), Potassium: 469.95mg (13.43%), Vitamin B12: 0.79µg (13.11%), Fiber: 3.14g (12.55%), Zinc: 1.76mg (11.73%), Magnesium: 44.46mg (11.11%), Iron: 1.69mg (9.4%), Vitamin B5: 0.85mg (8.47%), Folate: 30.66µg (7.66%), Vitamin B1: 0.11mg (7.21%), Vitamin D: 1.04µg (6.93%), Vitamin E: 1.02mg (6.81%), Vitamin K: 4.51µg (4.29%)