



Lemony Tuna Noodle Casserole

READY IN



65 min.

SERVINGS



8

CALORIES



762 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounces gruyère cheese shredded
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 2 large leeks sliced
- ☐ 1 tablespoon lemon zest
- ☐ 22 ounce oil-packed tuna flaked drained canned
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 3 cups milk whole at room temperature
- ☐ 12 ounces wide egg noodles

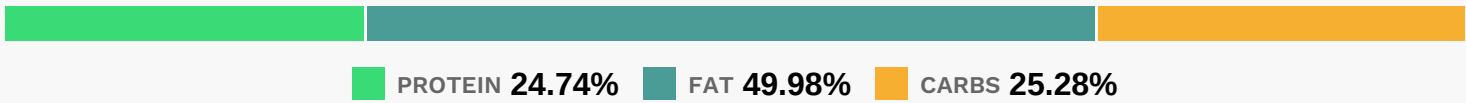
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook egg noodles until al dente according to package directions.
- ☐ Drain, rinse with cold water, and drain again.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add leeks and cook, covered, 7 minutes or until tender but not browned.
- ☐ Whisk in flour; cook 1 minute.
- ☐ Pour in milk; bring mixture to a boil over medium-high heat, whisking frequently. Reduce heat to medium-low, and simmer 3 minutes or until sauce is smooth and thickened.
- ☐ Remove from heat, and whisk in cheese and next 3 ingredients. Fold in tuna and egg noodles.
- ☐ Pour into a greased 3-quart baking dish.
- ☐ Combine olive oil, garlic, and panko; sprinkle over casserole.
- ☐ Bake at 375 for 30 minutes or until golden brown and bubbly.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:17.8, Inflammation Score:-8, Nutrition Score:30.981304272361%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 761.78kcal (38.09%), Fat: 42.13g (64.82%), Saturated Fat: 18.77g (117.29%), Carbohydrates: 47.95g (15.98%), Net Carbohydrates: 45.45g (16.53%), Sugar: 6.82g (7.58%), Cholesterol: 132.68mg (44.23%), Sodium: 985.85mg (42.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.91g (93.83%), Selenium: 115.39µg (164.84%), Phosphorus: 727.84mg (72.78%), Vitamin B3: 11.53mg (57.66%), Calcium: 571.76mg (57.18%), Vitamin B12: 2.97µg (49.53%), Vitamin K: 50.83µg (48.41%), Vitamin D: 6.8µg (45.36%), Vitamin B2: 0.57mg (33.54%), Manganese: 0.61mg (30.49%), Zinc: 4.17mg (27.83%), Vitamin A: 1354IU (27.08%), Magnesium: 87.59mg (21.9%), Vitamin B1: 0.29mg (19.65%), Iron: 3.1mg (17.21%), Vitamin B6: 0.34mg (17.2%), Vitamin E: 2.46mg (16.37%), Potassium: 515.09mg (14.72%), Folate: 58.13µg (14.53%), Vitamin B5: 1.37mg (13.65%), Copper: 0.26mg (12.93%), Fiber: 2.5g (9.98%), Vitamin C: 3.77mg (4.57%)