



## New Tuna Casserole

READY IN



90 min.

SERVINGS



8

CALORIES



857 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter melted
- 6 tablespoons butter divided
- 8 servings garnish: chives fresh sliced
- 0.3 cup flour all-purpose
- 2 tablespoons chives fresh chopped
- 1 tablespoon tarragon fresh chopped
- 8 oz haricots verts cut into 1-inch pieces thin ( green beans)
- 3 cups heavy cream

- 0.8 teaspoon kosher salt
- 2 medium leeks thinly sliced
- 8 oz gourmet mushroom blend fresh
- 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- 6 tablespoons parmesan cheese divided grated
- 0.3 cup potato chips crushed
- 8 oz sharp cheddar cheese shredded white
- 12 oz solid tuna in spring water white drained canned
- 1 cup vegetable broth organic
- 16 oz ziti pasta

## Equipment

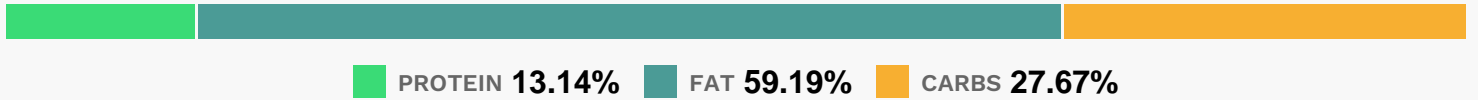
- bowl
- frying pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 35
- Prepare pasta according to package directions.
- Meanwhile, cook green beans in boiling salted water to cover 30 seconds to 1 minute or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- Melt 2 Tbsp. butter in a large skillet over medium-high heat.
- Add leeks, and saut 2 minutes; add mushrooms, and saut 5 minutes or until lightly browned.
- Transfer leek mixture to a small bowl. Wipe skillet clean.
- Melt 4 Tbsp. butter in skillet over medium heat; whisk in flour, and cook, whisking constantly, 2 minutes. Gradually whisk in cream and broth. Bring mixture to a boil, stirring often. Reduce heat to medium-low; gradually whisk in Cheddar cheese and 4 Tbsp. Parmesan cheese until smooth. Stir in salt and pepper.

- Stir cream mixture into pasta. Stir in tuna, next 2 ingredients, beans, and leek mixture; transfer to a lightly greased 13- x 9-inch baking dish.
- Stir together potato chips, next 2 ingredients, and remaining 2 Tbsp. Parmesan cheese in a small bowl; sprinkle over pasta mixture.
- Bake at 350 for 35 to 40 minutes or until bubbly.
- Let stand 5 minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:73.88, Glycemic Load:21.66, Inflammation Score:-9, Nutrition Score:26.872173889824%

### Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

### Nutrients (% of daily need)

Calories: 856.55kcal (42.83%), Fat: 56.91g (87.55%), Saturated Fat: 34.16g (213.52%), Carbohydrates: 59.86g (19.95%), Net Carbohydrates: 55.76g (20.28%), Sugar: 7.11g (7.9%), Cholesterol: 177.87mg (59.29%), Sodium: 834.32mg (36.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.85%), Selenium: 80.75µg (115.36%), Vitamin A: 2745.27IU (54.91%), Manganese: 0.92mg (46.13%), Phosphorus: 439.8mg (43.98%), Vitamin B3: 7.23mg (36.16%), Calcium: 356.43mg (35.64%), Vitamin B2: 0.52mg (30.6%), Vitamin K: 32.02µg (30.5%), Vitamin B12: 1.62µg (26.95%), Vitamin B6: 0.49mg (24.38%), Magnesium: 81.64mg (20.41%), Zinc: 3.03mg (20.17%), Iron: 3.11mg (17.26%), Potassium: 577.25mg (16.49%), Fiber: 4.1g (16.41%), Copper: 0.32mg (15.93%), Folate: 63.54µg (15.88%), Vitamin D: 2.24µg (14.94%), Vitamin E: 2.19mg (14.58%), Vitamin B5: 1.35mg (13.5%), Vitamin B1: 0.19mg (12.7%), Vitamin C: 8.69mg (10.54%)