



Retro-Metro Fancy Tuna Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pounds tuna steaks
- ☐ 1 cup baby peas frozen
- ☐ 1 bay leaf
- ☐ 4 tablespoons butter divided
- ☐ 16 small button mushrooms thinly sliced
- ☐ 1.5 cups chicken stock see
- ☐ 0.5 loaf day-old crusty bread
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 leaves parsley to garnish fresh chopped

- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon olive oil -- 1 turn of the pan extra-virgin
- ☐ 1 teaspoon peppercorns
- ☐ 1.5 teaspoons poultry seasoning
- ☐ 6 servings salt and pepper
- ☐ 2 large shallots chopped
- ☐ 6 servings water
- ☐ 1 cup white wine
- ☐ 1 pound extra-wide egg noodles cooked

Equipment

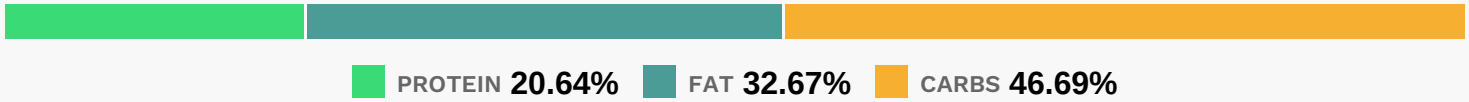
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ box grater

Directions

- ☐ Place bread in warm oven, 250 degrees F, to dry and toast, 20 minutes.
- ☐ Place tuna in a skillet and add wine, then water -- just enough to cover fish.
- ☐ Add bay leaf and peppercorns. Bring liquids to a boil. Reduce heat to simmer and cover skillet. Poach fish for 12 minutes.
- ☐ Heat a large skillet over medium heat.
- ☐ Add oil, 1 turn of the pan, and 2 tablespoons butter--reserve remaining 2 tablespoons butter.
- ☐ Add shallots and mushrooms and season with salt and pepper.
- ☐ Saute gently for 5 minutes.
- ☐ Sprinkle in ground thyme or poultry seasoning and flour and cook flour 1 minute, stirring with whisk.

- ☐ Whisk in stock, then cream. Adjust seasonings.
- ☐ Add peas.
- ☐ Remove cooked, poached tuna to a bowl and flake fish with a fork.
- ☐ Add cooked noodles and tuna to sauce.
- ☐ Remove sauce from heat and transfer mixture to a casserole or serving dish.
- ☐ Use the widest cutting edge on a box grater to grate the bread into large crumbs. Melt remaining 2 tablespoons butter in a small cup in microwave and pour melted butter over bread, Scatter buttery bread crumbs and parsley over the top of the casserole.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.47, Glycemic Load:39.04, Inflammation Score:-9, Nutrition Score:35.538695542709%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 743.24kcal (37.16%), Fat: 25.93g (39.9%), Saturated Fat: 11.96g (74.72%), Carbohydrates: 83.38g (27.79%), Net Carbohydrates: 77.92g (28.34%), Sugar: 7.46g (8.29%), Cholesterol: 136.51mg (45.5%), Sodium: 608.83mg (26.47%), Alcohol: 4.12g (100%), Alcohol %: 0.85% (100%), Protein: 36.86g (73.71%), Selenium: 102.68µg (146.69%), Vitamin B12: 7.41µg (123.44%), Vitamin B3: 12.4mg (62.01%), Manganese: 1.16mg (58.12%), Phosphorus: 505.22mg (50.52%), Vitamin A: 2441.23IU (48.82%), Vitamin B1: 0.69mg (45.84%), Vitamin B2: 0.65mg (38.42%), Vitamin B6: 0.71mg (35.72%), Vitamin D: 4.91µg (32.71%), Magnesium: 117.81mg (29.45%), Copper: 0.57mg (28.35%), Iron: 4.75mg (26.39%), Folate: 97.66µg (24.41%), Fiber: 5.46g (21.83%), Vitamin B5: 2.15mg (21.47%), Potassium: 714.97mg (20.43%), Zinc: 2.98mg (19.87%), Vitamin K: 17.61µg (16.77%), Vitamin C: 11.42mg (13.84%), Vitamin E: 1.91mg (12.75%), Calcium: 96.71mg (9.67%)