



Sun-dried Tomato & Artichoke Tuna Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



1177 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 alouette all natural sundried tomato and basil spreadable cheese
- 375 g .5 oz. macaroni dried whole-wheat
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- 4 artichoke hearts canned
- 0.5 cup sun-dried olives
- 2 cloves garlic
- 1 medium onion quartered
- 1 cup milk 2%
- 2 tbsp butter

- 2 tbsp flour
- 0.3 cup plum brandy
- 1.5 cup parmesan divided freshly grated
- 1 can tuna drained
- 2 tbsp coarse mustard whole
- 1 cup panko bread crumbs
- 2 tbsp olive oil
- 4 servings salt and pepper to taste

Equipment

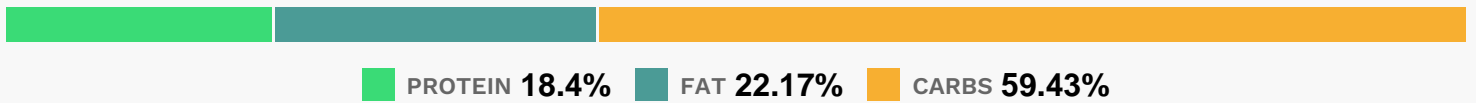
- food processor
- bowl
- sauce pan
- oven
- whisk
- pot
- casserole dish

Directions

- Preheat oven to 375
- Place six cups of water in a large pot and bring to a boil over high heat.
- Liberally salt the water and add the macaroni. Cook for approximately nine minutes or until al dente.
- Drain, reserving one cup of the pasta water and set aside.
- Squeeze excess moisture from the artichoke hearts and place them in a food processor along with the tomatoes, onion and garlic.
- Pulse until the mixture is finely minced and evenly distributed. Set aside.
- In a small saucepan melt butter over medium heat.
- Add flour whisking constantly until it forms a paste.

- Add marsala and whisk until incorporated.
- Add the milk in increments whisking constantly until it forms a thin sauce.
- Whisk in one of Parmesan and the artichoke mixture. Reduce and bring to a simmer until the cheese is completely melted.
- Add mustard and tuna and stir to combine.
- Season with salt and pepper to taste.
- Remove sauce from heat and pour over macaroni, adding as much pasta water as you need to thin the sauce enough to coat the pasta.
- Pour macaroni into a prepared nine-inch casserole dish, approximately three inches deep. Set aside.
- In a small bowl combine breadcrumbs, the rest of the cheese and olive oil.
- Cover macaroni with breadcrumb mixture and garnish with strips of Parmesan if desired.
- Bake for 20-25 minutes or until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:4.92, Inflammation Score:-8, Nutrition Score:36.228695652174%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 1176.58kcal (58.83%), Fat: 28.44g (43.75%), Saturated Fat: 12.43g (77.69%), Carbohydrates: 171.49g (57.16%), Net Carbohydrates: 162.15g (58.96%), Sugar: 16.91g (18.79%), Cholesterol: 60.79mg (20.26%), Sodium: 1192.73mg (51.86%), Alcohol: 2.3g (12.75%), Protein: 53.09g (106.19%), Selenium: 166.08µg (237.26%), Manganese:

2.27mg (113.53%), Phosphorus: 826.3mg (82.63%), Calcium: 623.96mg (62.4%), Vitamin B3: 10.14mg (50.7%), Magnesium: 174.31mg (43.58%), Copper: 0.84mg (42.22%), Fiber: 9.33g (37.33%), Potassium: 1188.09mg (33.95%), Vitamin B1: 0.5mg (33.27%), Iron: 5.93mg (32.97%), Zinc: 4.89mg (32.57%), Vitamin B2: 0.55mg (32.14%), Vitamin B12: 1.92µg (31.99%), Vitamin B6: 0.58mg (29.06%), Folate: 79.3µg (19.82%), Vitamin B5: 1.72mg (17.15%), Vitamin A: 683.75IU (13.67%), Vitamin K: 12.9µg (12.29%), Vitamin E: 1.67mg (11.12%), Vitamin C: 8.04mg (9.75%), Vitamin D: 0.7µg (4.65%)