



Tuna-Broccoli Casserole

 Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 oz penne pasta uncooked
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 0.3 cup milk
- ☐ 7.1 oz water-packed tuna light white chunk drained ()
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 12 oz broccoli frozen thawed
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup panko bread crumbs crispy

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0.3 cup slivered almonds

Equipment

☐

bowl

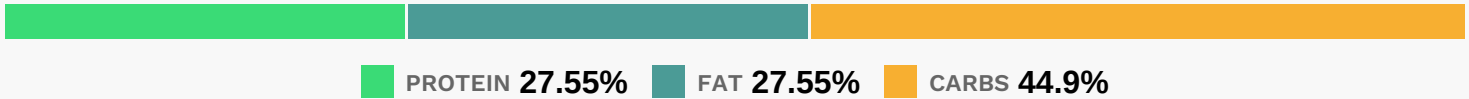
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oven

Directions

- ☐ Heat oven to 350°F. Cook and drain pasta as directed on package, using minimum cook time. In ungreased 1 1/2-quart casserole, stir together soup, milk, tuna, mushrooms and cooked pasta.
- ☐ Cover; bake 20 minutes.
- ☐ Remove casserole from oven.
- ☐ Cut up large pieces of broccoli; gently stir broccoli into tuna mixture. In small bowl, mix butter, bread crumbs and almonds; sprinkle over casserole.
- ☐ Bake about 30 minutes longer or until bubbly around edges.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:10.17, Inflammation Score:-8, Nutrition Score:28.498260498047%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 6.69mg, Kaempferol: 6.69mg, Kaempferol: 6.69mg, Kaempferol: 6.69mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 320.83kcal (16.04%), Fat: 10.02g (15.42%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 32.16g (11.69%), Sugar: 4.09g (4.55%), Cholesterol: 23.65mg (7.88%), Sodium: 747.44mg (32.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.11%), Vitamin C: 76.54mg (92.78%), Selenium: 58.45µg (83.49%), Vitamin K: 87.17µg (83.02%), Manganese: 0.88mg (44.05%), Vitamin B3: 8.34mg (41.68%), Phosphorus: 282.65mg (28.26%), Vitamin B2: 0.45mg (26.23%), Vitamin B12: 1.52µg (25.33%), Copper: 0.48mg (24.03%), Vitamin B6: 0.44mg (21.81%), Potassium: 698.63mg (19.96%), Folate: 78.46µg (19.61%), Magnesium: 74.37mg (18.59%), Fiber: 4.6g (18.41%), Vitamin E: 2.71mg (18.07%), Iron: 2.95mg (16.39%), Zinc: 2.41mg (16.07%), Vitamin B5: 1.42mg (14.18%), Vitamin A: 708.34IU (14.17%), Vitamin B1: 0.2mg (13.4%), Calcium: 103.76mg (10.38%), Vitamin D: 0.83µg (5.55%)