



Tuna Casserole

 Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups percent milk
- ☐ 5 slices bread whole-wheat
- ☐ 10 ounce broccoli frozen thawed chopped
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup celery diced finely
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper black
- ☐ 10 ounce mushroom white stemmed chopped

- ☐ 0.5 pound fettuccine noodles whole-wheat cooked
- ☐ 1 cup onion chopped
- ☐ 10 ounce peas frozen thawed
- ☐ 0.8 teaspoon salt
- ☐ 1 cup vegetable broth low-sodium
- ☐ 24 ounce tuna in water light chunk drained canned

Equipment

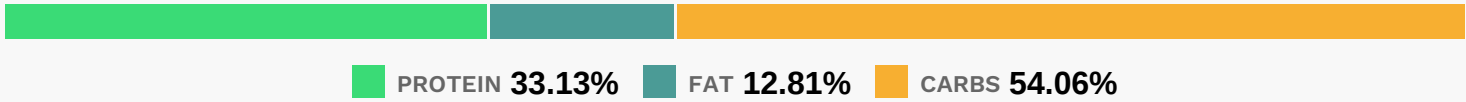
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 425 degrees F.
- ☐ Place bread in food processor and pulse for 30 seconds into bread crumbs (makes about 2 1/2 to 3 cups crumbs).
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onions and cook, stirring, until onions are soft and translucent, 8 minutes.
- ☐ Add celery and cook, stirring, until just tender, 6 minutes.
- ☐ Add mushrooms and cook, stirring, until mushrooms release their water, 5 to 7 minutes.
- ☐ Add flour all at once and stir immediately and vigorously with a wooden spoon until flour is completely incorporated into vegetable mixture until there are no flour lumps.
- ☐ Add milk and broth, stir to combine and bring mixture to a boil, stirring frequently. Reduce heat to a vigorous simmer and cook, stirring, until liquid has thickened and reduced by about 1/2 cup, 7 to 8 minutes.
- ☐ Add salt and pepper and stir to combine.
- ☐ Combine cooked pasta, vegetable-liquid mixture, broccoli, peas and tuna and toss to incorporate.

- ☐
- Pour into a 9 by 13-inch casserole. Top with bread crumbs.
- ☐
- Bake for 25 minutes, or until crumbs are golden brown and toasted.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:23.55, Inflammation Score:-9, Nutrition Score:38.219130267268%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 475.84kcal (23.79%), Fat: 6.77g (10.41%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 64.27g (21.42%), Net Carbohydrates: 56.82g (20.66%), Sugar: 14.04g (15.6%), Cholesterol: 46.72mg (15.57%), Sodium: 725.92mg (31.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.38g (78.76%), Selenium: 118.33µg (169.05%), Vitamin B3: 16.69mg (83.45%), Vitamin C: 64.32mg (77.96%), Vitamin K: 65.83µg (62.69%), Vitamin B12: 3.65µg (60.88%), Manganese: 1.05mg (52.75%), Phosphorus: 516.79mg (51.68%), Vitamin B2: 0.69mg (40.3%), Vitamin B6: 0.77mg (38.28%), Vitamin B1: 0.48mg (32.25%), Folate: 119.69µg (29.92%), Fiber: 7.45g (29.82%), Potassium: 986.8mg (28.19%), Iron: 4.83mg (26.81%), Magnesium: 104.5mg (26.12%), Calcium: 252.46mg (25.25%), Copper: 0.48mg (23.91%), Zinc: 3.15mg (21.01%), Vitamin B5: 2.05mg (20.53%), Vitamin A: 990.98IU (19.82%), Vitamin D: 2.75µg (18.36%), Vitamin E: 1.36mg (9.06%)