



Tuna Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 8 ounces elbow macaroni uncooked
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 1 cup cheddar cheese shredded reduced-fat
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 1 cup peas green frozen
- ☐ 0.3 cup onion red finely chopped
- ☐ 10 ounce solid tuna in water white drained canned
- ☐ 2 tablespoons butter unsalted

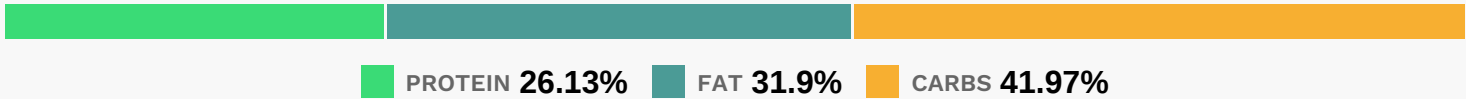
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Heat oil and butter in a Dutch oven over medium-high heat until butter melts.
- ☐ Add onion; saut 3 minutes. Reduce heat to medium.
- ☐ Sprinkle flour over onion mixture, stirring until blended; cook, stirring constantly, 2 minutes. Gradually stir in milk. Bring to a simmer; stir in cheddar cheese, salt, and pepper. Cook 1 minute or just until cheese melts. Stir in peas and tuna.
- ☐ Add pasta, tossing to coat.
- ☐ Pour pasta mixture into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Sprinkle with panko and Parmesan cheese.
- ☐ Bake at 375 for 20 minutes or until bubbly and golden.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:3.03, Inflammation Score:-5, Nutrition Score:14.148695634759%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 328.31kcal (16.42%), Fat: 11.5g (17.7%), Saturated Fat: 4.6g (28.78%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 31.7g (11.53%), Sugar: 6.15g (6.83%), Cholesterol: 33.68mg (11.23%), Sodium: 487.62mg (21.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.41%), Selenium: 48.56µg (69.36%), Phosphorus: 324.14mg (32.41%), Manganese: 0.43mg (21.55%), Calcium: 214.71mg (21.47%), Vitamin B3: 3.49mg (17.45%), Vitamin B2: 0.27mg (16.09%), Vitamin B12: 0.94µg (15.6%), Magnesium: 47.95mg (11.99%), Vitamin B1: 0.18mg (11.91%), Zinc: 1.6mg (10.67%), Vitamin B6: 0.2mg (10%), Vitamin C: 7.89mg (9.56%), Potassium: 330.23mg (9.44%), Fiber: 2.34g (9.37%), Folate: 35.63µg (8.91%), Vitamin K: 8.83µg (8.41%), Iron: 1.47mg (8.15%), Copper: 0.16mg (7.77%), Vitamin A: 365.82IU (7.32%), Vitamin E: 1.1mg (7.3%), Vitamin B5: 0.54mg (5.4%), Vitamin D: 0.79µg (5.29%)