



Tuna Casserole

 Popular

READY IN



55 min.

SERVINGS



6

CALORIES



646 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces wide egg noodles
- 1 Tbsp salt
- 8 ounces mushrooms fresh sliced
- 1 medium onion chopped
- 2 Tbsp butter
- 0.5 lb broccoli chopped
- 12 ounce tuna drained canned
- 10.8 oz campbell's cream of mushroom soup canned

- 2.5 cups cheddar cheese grated
- 0.3 cup milk
- 1 Tbsp cup heavy whipping cream
- 6 servings salt and pepper to taste
- 1 cup potato chips crushed

Equipment

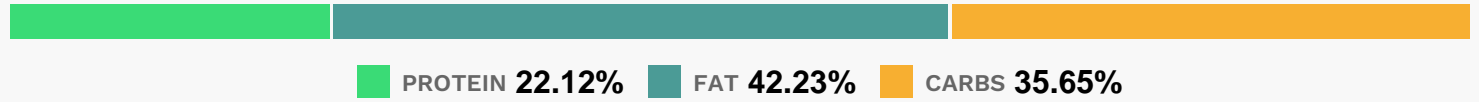
- frying pan
- oven
- pot
- colander

Directions

- Cook the noodles and broccoli: Preheat oven to 400°F. In a large (6 qt) pot, bring 4 quarts of water to a boil.
- Add a tablespoon of salt. Return to a boil.
- Add noodles. Cook uncovered on high heat on a rolling boil.
- Just before pasta is al dente, (firm but cooked through, earliest cooking time minus 2 minutes), add the chopped broccoli to the pasta and cook for 2 more minutes.
- Drain in a colander and set aside.
- Sauté mushrooms: While the pasta is cooking, dry sauté the mushrooms in a frying pan on medium high heat (no need to add butter or oil, mushrooms will cook in their own juice).
- When mushrooms have given up their moisture (about 5-10 minutes), remove from heat and set aside.
- Cook the onions: After the pasta is done and is draining in a colander, heat a large oven-proof pan on medium heat, add 2 tablespoons of butter.
- Add the onions and cook them until translucent.
- Add the pasta and broccoli mixture back into the pot; stir in the mushrooms. Stir in the tuna, can of cream of mushroom soup, grated cheese, milk and cream.
- Add salt and pepper to taste.

- Top with crushed potato chips:
- Spread crushed potato chips over the top of the mixture.
- Bake: Cook for 20 minutes at 400°F in the oven, until the topping has browned.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:18.65, Inflammation Score:-8, Nutrition Score:30.969130640445%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 646.28kcal (32.31%), Fat: 30.56g (47.01%), Saturated Fat: 14.26g (89.11%), Carbohydrates: 58.03g (19.34%), Net Carbohydrates: 53.94g (19.62%), Sugar: 4.16g (4.63%), Cholesterol: 132.29mg (44.1%), Sodium: 2286.67mg (99.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.01g (72.01%), Selenium: 101.73µg (145.34%), Phosphorus: 545.42mg (54.54%), Vitamin B3: 9.62mg (48.08%), Vitamin C: 38.94mg (47.2%), Manganese: 0.87mg (43.58%), Vitamin K: 43.74µg (41.66%), Calcium: 411.35mg (41.14%), Vitamin B12: 2.3µg (38.37%), Vitamin B2: 0.57mg (33.78%), Zinc: 4.36mg (29.04%), Vitamin B6: 0.57mg (28.43%), Copper: 0.49mg (24.66%), Vitamin B5: 2.37mg (23.75%), Potassium: 798.93mg (22.83%), Magnesium: 86.22mg (21.56%), Vitamin A: 952.1IU (19.04%), Vitamin E: 2.67mg (17.77%), Folate: 70.23µg (17.56%), Iron: 3.15mg (17.53%), Fiber: 4.08g (16.34%), Vitamin B1: 0.24mg (16.11%), Vitamin D: 1.4µg (9.32%)