



Tuna Lasagna Casserole

READY IN

ready

90 min.

SERVINGS

servings

12

CALORIES

calories

221 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 18 ounce tuna drained canned
- ☐ 0.5 cup cheddar cheese grated
- ☐ 0.5 cup chicken broth
- ☐ 12 soda crackers
- ☐ 1 egg white
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 cups vegetables mixed frozen

- ☐ 2 cloves garlic minced
- ☐ 1 pinch penzey's southwest seasoning italian
- ☐ 12 lasagna noodles
- ☐ 1 cup milk divided
- ☐ 0.3 teaspoon salt

Equipment

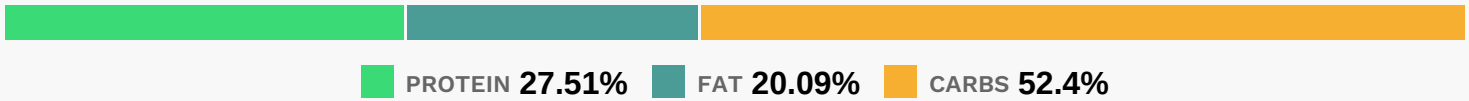
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the lasagna, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 8 to 9 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Melt the butter in a saucepan over medium-low heat.
- ☐ Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the chicken broth and 1/2 of the milk, into the flour mixture, and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes. Stir in the remaining milk and 1/2 of the minced garlic.
- ☐ Place soda crackers in a resealable plastic bag. Finely crush the crackers, then add the Italian seasoning.

- ☐ Combine tuna, mixed vegetables, egg white, salt, 1/2 cup of Cheddar cheese, 1/4 cup of the cracker crumbs, 1/2 cup of the flour mixture, and the remaining minced garlic in a large bowl.
- ☐ Spread a thin layer of the white sauce onto the prepared baking dish, followed by a layer of lasagna noodles.
- ☐ Spread about 1/3 of the tuna mixture over the noodles. Repeat the noodle and tuna layering three more times, topping with the remaining flour mixture.
- ☐ Sprinkle the pepper evenly on top of the casserole. Cover with aluminum foil.
- ☐ Bake in the preheated oven for 35 minutes.
- ☐ Remove from the oven and top with 1/2 cup of Cheddar cheese and the remaining cracker crumbs. Change the oven setting to broil and return the casserole to the oven. Broil until lightly brown, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:10.85, Inflammation Score:-7, Nutrition Score:12.310434875281%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 220.78kcal (11.04%), Fat: 4.88g (7.51%), Saturated Fat: 2.25g (14.03%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 26.71g (9.71%), Sugar: 2.06g (2.28%), Cholesterol: 25.16mg (8.39%), Sodium: 267.03mg (11.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.09%), Selenium: 49.73µg (71.05%), Vitamin B3: 5.29mg (26.44%), Vitamin A: 1289.25IU (25.79%), Vitamin B12: 1.26µg (20.98%), Manganese: 0.37mg (18.35%), Phosphorus: 178.77mg (17.88%), Vitamin B6: 0.22mg (11.12%), Vitamin B2: 0.15mg (9.11%), Magnesium: 35.35mg (8.84%), Iron: 1.54mg (8.57%), Calcium: 84.43mg (8.44%), Fiber: 1.94g (7.78%), Vitamin B1: 0.11mg (7.31%), Zinc: 1.08mg (7.2%), Copper: 0.13mg (6.73%), Potassium: 233.73mg (6.68%), Vitamin D: 0.76µg (5.08%), Folate: 20.09µg (5.02%), Vitamin B5: 0.35mg (3.46%), Vitamin C: 2.52mg (3.06%), Vitamin E: 0.36mg (2.37%), Vitamin K: 1.97µg (1.88%)