



Tuna Noodle Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz pasta uncooked
- 1 cup broccoli florets frozen
- 1.8 oz leek
- 1.5 cups milk
- 1 Dash pepper
- 5 oz albacore tuna - sashimi grade drained canned
- 2 tablespoons roasted peppers red drained chopped (from 7-oz jar)
- 1 tablespoon butter melted
- 0.3 cup breadcrumbs plain

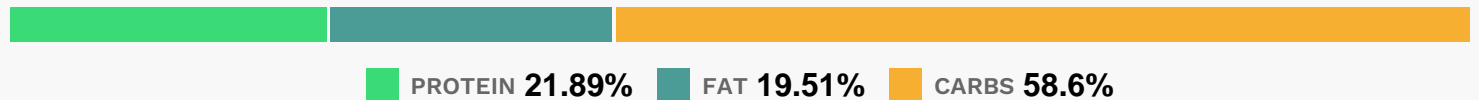
Equipment

- bowl
- sauce pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. Cook and drain linguine as directed on package, adding broccoli for last 2 minutes of cook time.
- Meanwhile, in 1-quart saucepan, mix soup mix and milk.
- Heat to boiling over medium heat, stirring constantly. Stir in pepper.
- Add linguine, broccoli, tuna and roasted peppers to soup mixture; stir gently to mix well. Spoon into baking dish. In small bowl, mix butter and bread crumbs; sprinkle over linguine mixture.
- Bake uncovered 20 to 25 minutes or until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:19.45, Inflammation Score:-7, Nutrition Score:18.864782706551%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 379.35kcal (18.97%), Fat: 8.16g (12.55%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 52.09g (18.94%), Sugar: 7.22g (8.02%), Cholesterol: 25.86mg (8.62%), Sodium: 365.46mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.18%), Selenium: 63.28µg (90.39%),

Manganese: 0.72mg (35.83%), Phosphorus: 309.42mg (30.94%), Vitamin C: 25.27mg (30.63%), Vitamin K: 30.9µg (29.43%), Vitamin B3: 3.8mg (19%), Calcium: 164.18mg (16.42%), Magnesium: 64.94mg (16.23%), Vitamin B12: 0.94µg (15.6%), Vitamin B6: 0.3mg (15.22%), Vitamin B2: 0.24mg (13.95%), Vitamin A: 673.49IU (13.47%), Potassium: 468.35mg (13.38%), Vitamin B1: 0.2mg (13.09%), Fiber: 3.03g (12.14%), Copper: 0.23mg (11.61%), Vitamin D: 1.72µg (11.43%), Iron: 1.9mg (10.57%), Folate: 41.86µg (10.46%), Zinc: 1.56mg (10.43%), Vitamin B5: 0.82mg (8.21%), Vitamin E: 0.82mg (5.46%)