



Tuna Noodle Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

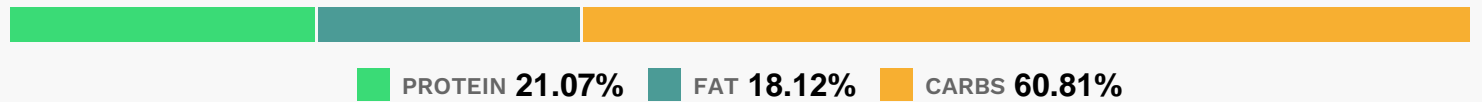
Equipment

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

Directions

- Heat oven to 350F. 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:36, Glycemic Load:18.94, Inflammation Score:-6, Nutrition Score:19.131304471389%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 408.95kcal (20.45%), Fat: 8.16g (12.56%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 61.62g (20.54%), Net Carbohydrates: 57.97g (21.08%), Sugar: 7.31g (8.13%), Cholesterol: 25.86mg (8.62%), Sodium: 1387.45mg (60.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.71%), Selenium: 63.79µg (91.12%),

Manganese: 0.74mg (37%), Phosphorus: 331.87mg (33.19%), Vitamin C: 24.17mg (29.3%), Vitamin K: 25.09µg (23.89%), Vitamin B3: 3.94mg (19.69%), Calcium: 174.89mg (17.49%), Vitamin B6: 0.35mg (17.45%), Magnesium: 69.02mg (17.26%), Vitamin B2: 0.27mg (15.78%), Vitamin B12: 0.94µg (15.6%), Potassium: 537.37mg (15.35%), Vitamin B1: 0.22mg (14.96%), Fiber: 3.65g (14.59%), Copper: 0.26mg (13.1%), Vitamin D: 1.72µg (11.43%), Zinc: 1.69mg (11.28%), Iron: 1.79mg (9.97%), Vitamin A: 462.74IU (9.25%), Vitamin B5: 0.91mg (9.12%), Folate: 33.69µg (8.42%), Vitamin E: 0.72mg (4.78%)