



Tuna Noodle Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups coarse bread crumbs fresh white firm (from 3 slices sandwich bread)
- ☐ 1 cup coarsely cheddar grated
- ☐ 6 oz curly egg noodles dried dutch style (preferably Pennsylvania ;)
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 cups chicken broth low-sodium
- ☐ 4 cups mushrooms trimmed sliced
- ☐ 1 medium onion finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup cooking sherry
- ☐ 2 teaspoons soya sauce
- ☐ 6 oz tuna in olive oil drained canned
- ☐ 4.5 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup milk whole

Equipment

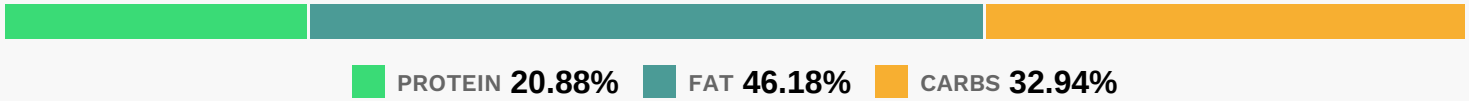
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Butter a shallow 2-quart baking dish.
- ☐ Cook onion in 1 1/2 tablespoons butter with a pinch of salt in a 12-inch heavy skillet over moderately low heat, covered, stirring occasionally, until softened, about 5 minutes. Increase heat to moderately high and add mushrooms, then sauté, stirring occasionally, until mushrooms begin to give off liquid, about 2 minutes.
- ☐ Add soy sauce and continue to sauté mushrooms, stirring, until liquid mushrooms give off is evaporated.
- ☐ Add Sherry and boil, stirring occasionally, until evaporated.
- ☐ Remove from heat.
- ☐ Melt remaining 3 tablespoons butter in a 2- to 3-quart heavy saucepan over moderately low heat and whisk in flour, then cook roux, whisking, 3 minutes.

- ☐ Add broth in a stream, whisking, and bring to a boil, whisking.
- ☐ Whisk in milk and simmer sauce, whisking occasionally, 5 minutes. Stir in mushroom mixture, lemon juice, and salt. Flake tuna into sauce and stir gently. Season sauce with salt and pepper.
- ☐ Cook noodles in a 5- to 6-quart pot of boiling salted water until al dente.
- ☐ Drain noodles in a colander and return to pot.
- ☐ Add sauce and stir gently to combine.
- ☐ Transfer mixture to baking dish, spreading evenly.
- ☐ Toss together bread crumbs and cheese in a bowl.
- ☐ Drizzle with oil and toss again, then sprinkle evenly over casserole.
- ☐ Bake until topping is crisp and sauce is bubbling, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:17.04, Inflammation Score:-6, Nutrition Score:20.278695624808%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 454.66kcal (22.73%), Fat: 23.24g (35.76%), Saturated Fat: 11.16g (69.76%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 35g (12.73%), Sugar: 5.49g (6.1%), Cholesterol: 75.2mg (25.07%), Sodium: 554.1mg (24.09%), Alcohol: 1.03g (100%), Alcohol %: 0.41% (100%), Protein: 23.65g (47.3%), Selenium: 60.54µg (86.49%), Vitamin B3: 8.51mg (42.56%), Phosphorus: 393.17mg (39.32%), Vitamin B2: 0.55mg (32.1%), Calcium: 234.56mg (23.46%), Manganese: 0.43mg (21.43%), Vitamin B12: 1.25µg (20.79%), Copper: 0.39mg (19.42%), Vitamin D: 2.83µg (18.87%), Vitamin K: 18.24µg (17.38%), Vitamin B5: 1.68mg (16.82%), Vitamin B1: 0.25mg (16.53%), Potassium: 535.63mg (15.3%), Zinc: 2.27mg (15.11%), Folate: 51.08µg (12.77%), Magnesium: 49.87mg (12.47%), Vitamin B6:

0.25mg (12.47%), Iron: 2.19mg (12.14%), Vitamin A: 556.97IU (11.14%), Fiber: 2.31g (9.23%), Vitamin E: 0.98mg (6.55%), Vitamin C: 3.35mg (4.06%)