



WHATSheATE



Tuna Noodle Casserole

READY IN



32 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce albacore tuna in water flaked drained canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup carrots chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 2.8 cups milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces parmigiano-reggiano cheese divided grated
- ☐ 1 cup peas frozen thawed

- ☐ 0.3 teaspoon salt
- ☐ 8 ounces wide egg noodles
- ☐ 0.5 cup onion yellow chopped

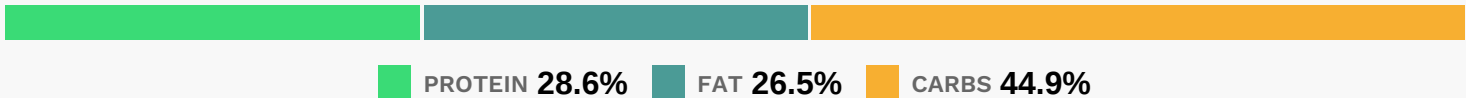
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and carrot; cook 6 minutes or until carrot is almost tender, stirring occasionally.
- ☐ Sprinkle with flour; cook 1 minute, stirring constantly. Gradually stir in milk; cook 5 minutes, stirring constantly with a whisk until slightly thick. Stir in cream cheese, mustard, salt, and pepper; cook 2 minutes, stirring constantly.
- ☐ Remove pan from heat. Stir in noodles, peas, 1/4 cup Parmigiano-Reggiano cheese, and tuna. Spoon mixture into a shallow broiler-safe 2-quart baking dish coated with cooking spray; top with remaining 1/4 cup Parmigiano-Reggiano cheese. Broil 3 minutes or until golden and bubbly.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:60.24, Glycemic Load:16.06, Inflammation Score:-8, Nutrition Score:20.568695441536%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 362.5kcal (18.12%), Fat: 10.6g (16.32%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 37.05g (13.47%), Sugar: 8.81g (9.79%), Cholesterol: 61.39mg (20.46%), Sodium: 542.21mg (23.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.51%), Selenium: 68.27µg (97.52%), Phosphorus: 420.18mg (42.02%), Vitamin A: 1713.35IU (34.27%), Calcium: 295.78mg (29.58%), Manganese: 0.52mg (26.16%), Vitamin B12: 1.43µg (23.79%), Vitamin B3: 4.46mg (22.3%), Magnesium: 68.55mg (17.14%), Vitamin B2: 0.29mg (16.99%), Vitamin B6: 0.33mg (16.48%), Vitamin B1: 0.24mg (15.93%), Vitamin D: 2.34µg (15.61%), Potassium: 514.08mg (14.69%), Zinc: 2.11mg (14.06%), Fiber: 3.38g (13.5%), Vitamin C: 11.09mg (13.45%), Vitamin K: 11.68µg (11.12%), Iron: 1.9mg (10.54%), Folate: 39.36µg (9.84%), Copper: 0.2mg (9.82%), Vitamin B5: 0.94mg (9.36%), Vitamin E: 1.34mg (8.91%)