



Tuna Noodle Casserole I

READY IN



60 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 15 ounce peas drained canned
- ☐ 6 ounce tuna drained canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 8 ounce wide egg noodles

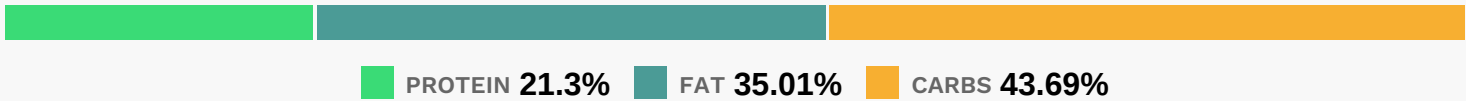
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat a 2 quart casserole dish with cooking spray.
- ☐ In a large pot of salted water, boil noodles until al dente.
- ☐ Drain well.
- ☐ In a medium saucepan, combine flour, butter, and salt. Stir until butter is melted and ingredients are combined evenly.
- ☐ Add milk, and whisk until the sauce thickens (usually it is at the proper consistency by the time it begins to boil).
- ☐ Add cheese to mixture, and whisk until cheese is melted and mixture is well blended. Stir in tuna, peas, and noodles.
- ☐ Spread evenly in prepared dish.
- ☐ Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:13.53, Inflammation Score:-8, Nutrition Score:17.084782413814%

Nutrients (% of daily need)

Calories: 355.57kcal (17.78%), Fat: 13.8g (21.23%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 35.09g (12.76%), Sugar: 5.01g (5.56%), Cholesterol: 75.7mg (25.23%), Sodium: 757.4mg

(32.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.89g (37.78%), Selenium: 56.93µg (81.32%), Phosphorus: 305.74mg (30.57%), Vitamin A: 1494.47IU (29.89%), Manganese: 0.5mg (24.98%), Vitamin B3: 4.51mg (22.57%), Calcium: 217.41mg (21.74%), Vitamin B12: 1.27µg (21.09%), Zinc: 2.3mg (15.36%), Vitamin K: 15.82µg (15.07%), Fiber: 3.65g (14.61%), Vitamin B2: 0.23mg (13.38%), Magnesium: 52.53mg (13.13%), Vitamin B6: 0.26mg (12.87%), Iron: 2.26mg (12.53%), Vitamin B1: 0.18mg (11.7%), Copper: 0.21mg (10.33%), Folate: 37.78µg (9.44%), Potassium: 296.63mg (8.48%), Vitamin B5: 0.7mg (6.97%), Vitamin D: 1.01µg (6.76%), Vitamin C: 5.53mg (6.7%), Vitamin E: 0.52mg (3.46%)