



Tuna Noodle Casserole with Leeks and Fresh Dill

READY IN



45 min.

SERVINGS



6

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup flour
- ☐ 10 ounce albacore tuna – sashimi grade packed in olive oil), drained, broken into 1/2-inch chunks canned
- ☐ 0.3 teaspoon celery seed
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2.5 ounces gruyere cheese grated
- ☐ 0.5 cup half and half

- ☐ 2.5 cups leek white green thinly sliced (and pale parts only; from 2 large)
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 ounces potato chips salted crushed
- ☐ 0.3 cup butter unsalted ()
- ☐ 2 cups milk whole
- ☐ 8 ounces extra wide egg noodles

Equipment

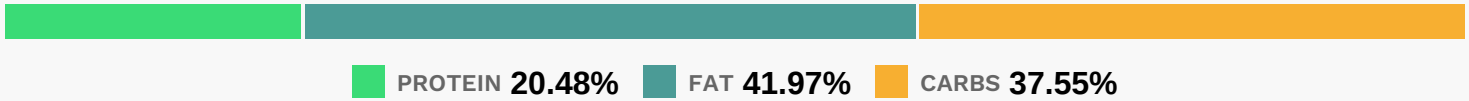
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Butter 8 x 8 x 2-inch glass baking dish. Meltunsalted butter in heavy large saucepan overmedium heat.
- ☐ Add leeks and celery seedsto saucepan; sprinkle lightly with coarsekosher salt. Cover saucepan and cook untillleeks are tender but not brown, stirring often,about 8 minutes.
- ☐ Add flour; stir 1 minute.Gradually add milk and half and half; simmeruntil mixture thickens slightly, stirring often,about 5 minutes. Stir in lemon juice. Seasonleek sauce to taste with coarse kosher saltand pepper.
- ☐ Remove sauce from heat.
- ☐ Meanwhile, cook egg noodles in largepot of boiling salted water until tender,stirring occasionally.
- ☐ Drain noodles,reserving 3/4 cup noodle cooking liquid.
- ☐ Transfer noodles to large bowl.
- ☐ Pourleek sauce over noodles.
- ☐ Add grated

- ☐ Gruyère cheese and dill and stir to blend;add reserved noodle cooking liquid bytablespoons until mixture is moist andcreamy (about 8 tablespoons). Fold in tuna.
- ☐ Transfer to prepared baking dish. DO AHEAD:Can be made 1 day ahead. Cool slightly.Chill uncovered until cold, then cover withfoil and keep refrigerated.
- ☐ Preheat oven to 375°F.
- ☐ Bake noodlecasserole, covered with foil, until heatedthrough, about 20 minutes if freshly madeor 30 minutes if chilled.
- ☐ Remove foil.
- ☐ Sprinkle crushed potato chips over andcontinue to bake, uncovered, until top isgolden brown and filling bubbles, about10 minutes longer.
- ☐ Serve hot.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:17.1, Inflammation Score:-8, Nutrition Score:20.973043275916%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 489.87kcal (24.49%), Fat: 22.89g (35.22%), Saturated Fat: 11.19g (69.93%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 43.72g (15.9%), Sugar: 7.02g (7.8%), Cholesterol: 101.74mg (33.91%), Sodium: 565.99mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Selenium: 67.21µg (96.02%), Phosphorus: 402.34mg (40.23%), Manganese: 0.62mg (31.16%), Calcium: 289.6mg (28.96%), Vitamin A: 1212.94IU (24.26%), Vitamin B3: 4.57mg (22.84%), Vitamin B12: 1.35µg (22.42%), Vitamin K: 22.39µg (21.32%), Vitamin B6: 0.39mg (19.7%), Magnesium: 71.71mg (17.93%), Vitamin B2: 0.29mg (16.96%), Potassium: 553.44mg (15.81%), Vitamin E: 2.21mg (14.76%), Vitamin D: 2.17µg (14.44%), Vitamin B1: 0.21mg (14.07%), Zinc: 2.03mg (13.5%),

Iron: 2.4mg (13.32%), Vitamin B5: 1.33mg (13.29%), Folate: 50.36µg (12.59%), Copper: 0.21mg (10.72%), Fiber: 2.36g (9.45%), Vitamin C: 7.12mg (8.63%)