



Tuna Noodle Niçoise Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons capers drained
- ☐ 0.3 cup flat-leaf parsley italian chopped
- ☐ 2 tablespoons flour
- ☐ 8 ounces green beans fresh trimmed cut into 1-inch pieces (1 3/4 cups)
- ☐ 2.5 cups milk
- ☐ 1.3 cups parmesan cheese divided grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

- ☐ 12 ounce solid-white albacore tuna packed in water, drained canned
- ☐ 1.3 pounds tomatoes fresh chopped
- ☐ 4 cups wide egg noodles uncooked

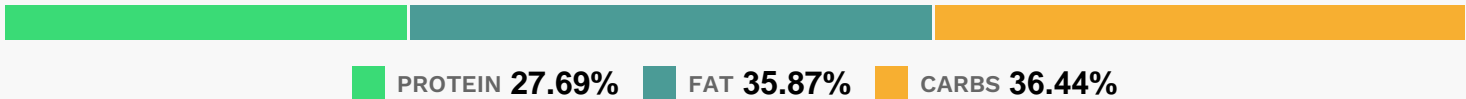
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Cook egg noodles according to package directions, adding green beans to the cooking water during the last 3 minutes of cooking time.
- ☐ Drain and rinse thoroughly with cold water to stop the cooking process.
- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add flour, and cook, whisking constantly, 1 minute. Slowly whisk in milk, and cook, whisking constantly, about 5 minutes or until mixture comes to a boil and thickens.
- ☐ Remove from heat, and slowly whisk in 1 cup Parmesan, whisking until smooth.
- ☐ Whisk in salt and pepper.
- ☐ Add noodles and green beans, parsley, tuna, capers, and, if desired, olives; gently toss to mix well.
- ☐ Add tomato, and gently toss to combine.
- ☐ Transfer mixture to an 11- x 7-inch (1 1/2-quart) baking dish coated with cooking spray.
- ☐ Cover and refrigerate overnight, or sprinkle remaining 1/4 cup Parmesan over casserole, and bake at 375 for 30 minutes or until bubbly and heated through.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:59.17, Glycemic Load:12.51, Inflammation Score:-9, Nutrition Score:25.701738896577%

Flavonoids

Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 370.03kcal (18.5%), Fat: 14.87g (22.88%), Saturated Fat: 8g (50.03%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 30.75g (11.18%), Sugar: 9.14g (10.16%), Cholesterol: 82.05mg (27.35%), Sodium: 741.91mg (32.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Selenium: 68.79µg (98.27%), Vitamin K: 66.74µg (63.57%), Phosphorus: 416.21mg (41.62%), Vitamin B12: 2.37µg (39.48%), Vitamin B3: 7.32mg (36.59%), Calcium: 358.17mg (35.82%), Vitamin A: 1772.28IU (35.45%), Vitamin C: 21mg (25.45%), Manganese: 0.47mg (23.63%), Vitamin B6: 0.45mg (22.41%), Vitamin B2: 0.36mg (21.12%), Potassium: 675.99mg (19.31%), Magnesium: 69.99mg (17.5%), Zinc: 2.49mg (16.59%), Vitamin B1: 0.21mg (14.08%), Iron: 2.49mg (13.84%), Vitamin D: 1.98µg (13.19%), Fiber: 3.25g (12.99%), Folate: 46.66µg (11.66%), Copper: 0.21mg (10.61%), Vitamin B5: 0.96mg (9.59%), Vitamin E: 1.26mg (8.37%)