



Tuna-Noodle Skillet Supper

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion coarsely chopped
- 4 cups water
- 8 oz extra wide egg noodles uncooked
- 8 oz mushrooms fresh sliced (3 cups)
- 10 oz solid albacore tuna in water white drained canned
- 16 oz alfredo sauce
- 1 cup croutons crushed

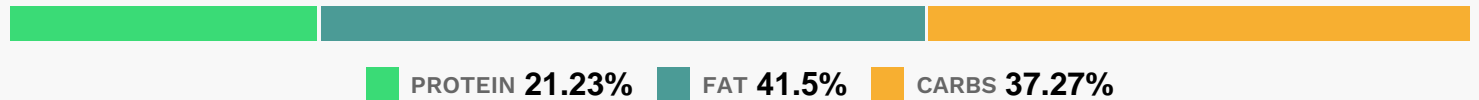
Equipment

frying pan

Directions

- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add onion; cook 2 to 3 minutes, stirring frequently, until softened.
- Stir in water and noodles. Cover; heat to boiling. Boil 4 minutes.
- Stir in mushrooms, tuna and pasta sauce (sauce will be thin). Reduce heat to medium; simmer uncovered 4 to 6 minutes or until mushrooms are tender, sauce has slightly thickened and noodles are tender.
- Remove from heat; let stand 5 minutes. Just before serving, top with croutons.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:14.59, Inflammation Score:-4, Nutrition Score:13.87260865906%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 401.08kcal (20.05%), Fat: 18.23g (28.05%), Saturated Fat: 7.47g (46.69%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 34.5g (12.54%), Sugar: 3.8g (4.22%), Cholesterol: 101.19mg (33.73%), Sodium: 739.91mg (32.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.98%), Selenium: 66.35µg (94.79%), Vitamin B3: 5.2mg (26.01%), Phosphorus: 239.62mg (23.96%), Manganese: 0.41mg (20.47%), Copper: 0.29mg (14.73%), Vitamin B2: 0.23mg (13.39%), Vitamin B6: 0.26mg (12.84%), Magnesium: 46.71mg (11.68%), Vitamin B12: 0.68µg (11.29%), Potassium: 369.55mg (10.56%), Vitamin B5: 1.02mg (10.23%), Vitamin B1: 0.14mg (9.47%), Fiber: 2.33g (9.33%), Iron: 1.63mg (9.03%), Zinc: 1.25mg (8.36%), Vitamin D: 1.13µg (7.56%), Folate: 30µg (7.5%), Vitamin K: 5.65µg (5.38%), Vitamin E: 0.74mg (4.91%), Calcium: 35.64mg (3.56%), Vitamin C: 2.77mg (3.35%)