



Tuna-Pasta Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 oz elbow macaroni uncooked
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 0.8 teaspoon salt
- 2 cups milk
- 4 oz cheddar cheese shredded
- 2 cups cauliflower florets cooked drained
- 12 oz water-packed tuna drained canned
- 0.7 cup breadcrumbs dry

1 tablespoon butter melted

Equipment

bowl

sauce pan

oven

Directions

Heat oven to 350°F.

Cook and drain pasta as directed on package.

Meanwhile, in 1 1/2-quart saucepan, melt butter over low heat. Stir in flour and salt. Cook over medium heat, stirring constantly, until smooth and bubbly; remove from heat. Gradually stir in milk.

Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese until melted.

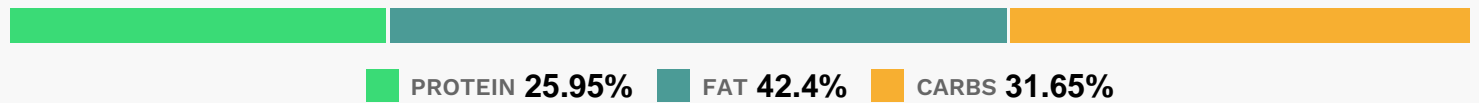
Stir in pasta, broccoli and tuna; mix well. Spoon into ungreased 2-quart casserole. Cover and bake about 25 minutes or until hot and bubbly.

Meanwhile, in small bowl, mix topping ingredients.

Sprinkle topping over casserole.

Bake uncovered about 5 minutes longer or until topping is toasted.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:3.26, Inflammation Score:-6, Nutrition Score:18.045652016349%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 344.69kcal (17.23%), Fat: 16.16g (24.87%), Saturated Fat: 6.67g (41.68%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 25.43g (9.25%), Sugar: 5.74g (6.38%), Cholesterol: 49.07mg (16.36%), Sodium: 734.12mg (31.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.51%), Selenium: 58.37µg (83.38%), Vitamin B12: 2.15µg (35.76%), Vitamin B3: 7.07mg (35.38%), Phosphorus: 311.95mg (31.2%), Calcium: 278.79mg (27.88%), Vitamin B2: 0.33mg (19.64%), Vitamin C: 16.08mg (19.49%), Vitamin B6: 0.34mg (17.09%), Manganese: 0.33mg (16.28%), Vitamin B1: 0.23mg (15.59%), Zinc: 1.88mg (12.56%), Vitamin A: 603.84IU (12.08%), Magnesium: 46.34mg (11.59%), Potassium: 396.81mg (11.34%), Folate: 45.27µg (11.32%), Vitamin D: 1.69µg (11.26%), Iron: 2mg (11.11%), Vitamin B5: 0.83mg (8.32%), Fiber: 1.73g (6.91%), Vitamin K: 6.79µg (6.47%), Copper: 0.12mg (6.13%), Vitamin E: 0.64mg (4.27%)