



Campbell's Kitchen Tuna Noodle Casserole

READY IN



40 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 12 ounce tuna flaked drained canned
- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned
- ☐ 2 cups extra wide egg noodles hot cooked
- ☐ 2 tablespoons bread crumbs dry
- ☐ 0.5 cup milk
- ☐ 1 cup peas frozen
- ☐ 2 tablespoons pimentos chopped

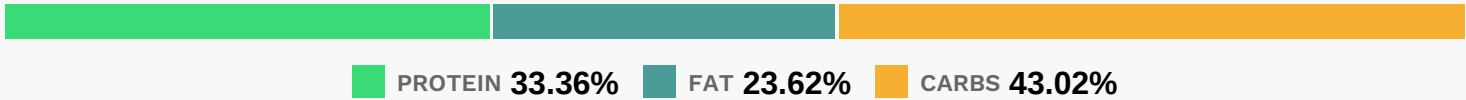
Equipment

☐ oven

Directions

- ☐ Mix soup, milk, pimienta, peas, tuna and noodles in 1 1/2-quart casserole.
- ☐ Bake at 400 degrees F for 20 minutes or until hot. Stir.
- ☐ Mix bread crumbs with butter and sprinkle on top.
- ☐ Bake 5 minutes.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:11.66, Inflammation Score:-7, Nutrition Score:21.633043496505%

Nutrients (% of daily need)

Calories: 328.1kcal (16.4%), Fat: 8.52g (13.1%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 31.32g (11.39%), Sugar: 4.4g (4.89%), Cholesterol: 61.29mg (20.43%), Sodium: 814.72mg (35.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.12%), Selenium: 79.29µg (113.27%), Vitamin B3: 10.62mg (53.11%), Vitamin B12: 2.57µg (42.76%), Manganese: 0.7mg (34.97%), Phosphorus: 280mg (28%), Vitamin C: 22.31mg (27.04%), Vitamin B6: 0.45mg (22.27%), Iron: 3.36mg (18.68%), Copper: 0.35mg (17.65%), Zinc: 2.58mg (17.22%), Vitamin B1: 0.23mg (15.24%), Magnesium: 60.1mg (15.02%), Vitamin B2: 0.25mg (14.61%), Vitamin A: 716.32IU (14.33%), Fiber: 3.58g (14.3%), Potassium: 436.03mg (12.46%), Folate: 43.81µg (10.95%), Vitamin K: 10.35µg (9.85%), Vitamin D: 1.44µg (9.57%), Calcium: 85.26mg (8.53%), Vitamin B5: 0.66mg (6.64%), Vitamin E: 0.65mg (4.36%)