



Cheddar Tuna Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 Tbsp butter
- 10 oz campbell's® condensed cream of celery soup canned
- 2 cups extra wide egg noodles cooked
- 0.3 cup milk
- 1 small onion chopped
- 0.3 cup parmesan cheese grated kraft
- 2 Tbsp pimentos chopped
- 1 cup sharp cheddar cheese shredded divided kraft
- 5 oz tuna in water light chunk flaked drained canned

Equipment

- sauce pan
- oven

Directions

- Heat oven to 350F.
- Reserve 1/2 cup cheddar for later use. Melt butter in large saucepan on medium heat.
- Add onions; cook 5 min. or until crisp-tender, stirring frequently.
- Add remaining ingredients; mix lightly.
- Spoon into 1-qt. casserole sprayed with cooking spray.
- Bake 30 min. or until heated through.
- Sprinkle with reserved cheddar; bake 5 min. or until melted.

Nutrition Facts

  
 **PROTEIN 20.38%**  **FAT 50.5%**  **CARBS 29.12%**

Properties

Glycemic Index:46.75, Glycemic Load:10.6, Inflammation Score:-7, Nutrition Score:16.561304258264%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 406.1kcal (20.31%), Fat: 22.83g (35.12%), Saturated Fat: 9.16g (57.24%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 27.8g (10.11%), Sugar: 3.29g (3.66%), Cholesterol: 79.88mg (26.63%), Sodium: 816.9mg (35.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.74g (41.47%), Selenium: 55.09µg (78.7%), Phosphorus: 328.1mg (32.81%), Calcium: 325.19mg (32.52%), Vitamin B12: 1.51µg (25.2%), Manganese: 0.44mg (21.88%), Vitamin B3: 4.13mg (20.66%), Vitamin A: 1016.97IU (20.34%), Vitamin B2: 0.26mg (15.21%), Zinc: 2.27mg (15.15%), Vitamin K: 13.79µg (13.13%), Vitamin E: 1.76mg (11.75%), Vitamin B6: 0.23mg (11.58%), Vitamin B5: 1.16mg (11.56%), Magnesium: 43.13mg (10.78%), Copper: 0.2mg (9.9%), Vitamin C: 7.69mg (9.32%), Iron: 1.66mg (9.22%), Potassium: 266.05mg (7.6%), Fiber: 1.82g (7.28%), Vitamin D: 0.93µg (6.2%), Vitamin B1: 0.08mg (5.48%), Folate:

18.56µg (4.64%)