



## Cheesy Tuna Noodle Casserole

 Popular

READY IN



49 min.

SERVINGS



5

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 cup milk fat-free
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 1 cup milk sharp cheddar cheese shredded 2% divided kraft
- 16 oz vegetable blend frozen (broccoli, carrots, cauliflower)
- 12 oz tuna in water white drained canned

### Equipment

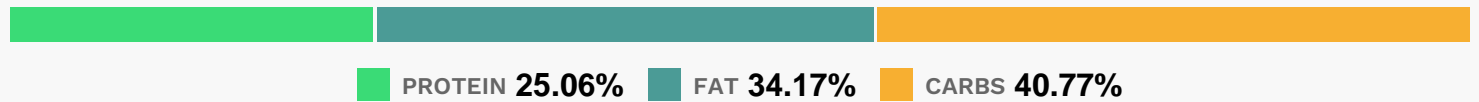
- sauce pan

- oven
- colander

## Directions

- Heat oven to 375F.
- Place vegetables in colander in sink. Cook Macaroni as directed on package; pour over vegetables to drain macaroni and thaw vegetables. Return to saucepan.
- Stir in Cheese Sauce, milk and dressing.
- Add tuna and 1/2 cup cheddar; mix well. Spoon into 2-qt. casserole; cover.
- Bake 35 min. or until heated through. Top with remaining Cheddar; bake 3 to 4 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:33.85, Glycemic Load:28.31, Inflammation Score:-10, Nutrition Score:24.550869257554%

## Nutrients (% of daily need)

Calories: 517.32kcal (25.87%), Fat: 19.77g (30.42%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 49.44g (17.98%), Sugar: 3.2g (3.55%), Cholesterol: 48.2mg (16.07%), Sodium: 1079.23mg (46.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.63g (65.26%), Vitamin A: 4951.12IU (99.02%), Selenium: 53.86µg (76.94%), Phosphorus: 601.7mg (60.17%), Vitamin B3: 7.96mg (39.78%), Vitamin B12: 2.2µg (36.69%), Calcium: 359.85mg (35.98%), Manganese: 0.61mg (30.72%), Iron: 3.71mg (20.6%), Zinc: 2.89mg (19.28%), Magnesium: 75.51mg (18.88%), Vitamin B6: 0.35mg (17.46%), Vitamin B2: 0.28mg (16.51%), Potassium: 557.09mg (15.92%), Fiber: 3.63g (14.51%), Vitamin C: 9.48mg (11.49%), Vitamin B1: 0.16mg (10.7%), Vitamin D: 1.36µg (9.04%), Folate: 34.51µg (8.63%), Vitamin K: 7.26µg (6.91%), Copper: 0.13mg (6.37%), Vitamin B5: 0.47mg (4.73%), Vitamin E: 0.65mg (4.34%)