



Cheesy Tuna Noodle Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce tuna drained canned
- ☐ 11 ounce condensed cream of cheddar cheese soup canned
- ☐ 12 ounce extra wide egg noodles
- ☐ 0.3 cup bell pepper green chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 0.3 cup seasoned bread crumbs italian
- ☐ 0.3 cup milk
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup bell pepper red chopped

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

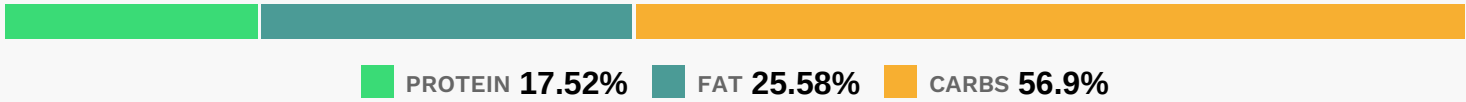
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of salted water to boil; place noodles in water and bring to boil again. Cook until al dente; drain well.
- ☐ While noodles are cooking saute in a medium size saucepan vegetable oil, onion, green and red bell peppers.
- ☐ Saute until tender.
- ☐ Pour soup, tuna, milk, salt and black pepper into the saucepan.
- ☐ Mix well over medium-low heat.
- ☐ Fold the noodles into the saucepan.
- ☐ Pour entire mixture into a 2 quart casserole.
- ☐ Sprinkle bread crumbs over the mixture.
- ☐ Bake 20 to 30 minutes or until the top is crisp and golden brown.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:17.38, Inflammation Score:-6, Nutrition Score:15.070869632389%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

0.05mg, Kaempferol: 0.05mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 356.44kcal (17.82%), Fat: 10.05g (15.46%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 50.29g (16.76%),
Net Carbohydrates: 47.38g (17.23%), Sugar: 3.37g (3.75%), Cholesterol: 61.18mg (20.39%), Sodium: 514.62mg
(22.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.98%), Selenium: 65.37µg (93.39%),
Manganese: 0.58mg (28.8%), Vitamin B3: 4.42mg (22.11%), Phosphorus: 199.55mg (19.95%), Vitamin C: 13.57mg
(16.44%), Vitamin B12: 0.97µg (16.09%), Potassium: 485.01mg (13.86%), Vitamin B6: 0.27mg (13.41%), Fiber: 2.91g
(11.63%), Vitamin K: 11.96µg (11.39%), Magnesium: 45.13mg (11.28%), Vitamin B1: 0.17mg (11.25%), Iron: 1.87mg
(10.39%), Copper: 0.2mg (10.17%), Vitamin A: 504.92IU (10.1%), Zinc: 1.43mg (9.5%), Folate: 28.29µg (7.07%),
Vitamin B2: 0.12mg (6.94%), Vitamin B5: 0.66mg (6.64%), Calcium: 66.28mg (6.63%), Vitamin E: 0.82mg (5.44%),
Vitamin D: 0.62µg (4.15%)