



Classic Tuna Noodle Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 12 ounces tuna drained canned
- ☐ 10.8 ounces campbell's® condensed cream of celery soup fat free 98% canned (Regular or)
- ☐ 2 cups egg noodles cooked drained
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 0.5 cup milk
- ☐ 1 cup peas sweet birds eye®
- ☐ 2 tablespoons pimientos chopped

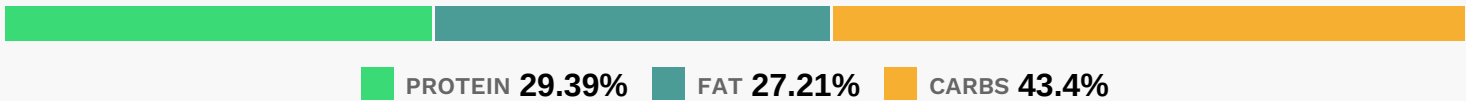
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Heat the oven to 400°F. Stir the soup, milk, peas, pimientos, if desired, tuna and noodles in a 1 1/2-quart baking dish. Stir the bread crumbs and butter in a small bowl.
- ☐ Bake for 20 minutes or until the tuna mixture is hot and bubbling. Stir the tuna mixture.
- ☐ Sprinkle with the bread crumb mixture.
- ☐ Bake for 5 minutes or until the bread crumb mixture is golden brown.
- ☐ Serve with your favorite vegetable combination. For dessert serve ice cream.
- ☐ Ingredient Note: To melt the butter, remove the wrapper and place the butter into a microwavable cup. Cover and microwave on HIGH for 30 seconds.
- ☐ Easy Substitution: Substitute Campbell's® Condensed Cream of Mushroom Soup for the Cream of Celery.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:11.66, Inflammation Score:-7, Nutrition Score:22.135652210401%

Nutrients (% of daily need)

Calories: 336.41kcal (16.82%), Fat: 10.11g (15.55%), Saturated Fat: 3.84g (23.97%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 32.38g (11.78%), Sugar: 5.43g (6.04%), Cholesterol: 73.38mg (24.46%), Sodium: 657.18mg (28.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.12%), Selenium: 80.7µg (115.28%), Vitamin B3: 10.14mg (50.69%), Vitamin B12: 2.48µg (41.27%), Manganese: 0.62mg (31.16%), Phosphorus: 280.79mg (28.08%), Vitamin C: 22.45mg (27.22%), Vitamin K: 23.7µg (22.57%), Vitamin B6: 0.42mg (21.12%), Vitamin A: 893.44IU (17.87%), Iron: 3.21mg (17.84%), Fiber: 3.88g (15.52%), Vitamin B1: 0.23mg (15.38%), Magnesium: 58.54mg

(14.63%), Copper: 0.29mg (14.33%), Vitamin B2: 0.23mg (13.66%), Zinc: 1.84mg (12.27%), Vitamin B5: 1.22mg (12.21%), Potassium: 414.07mg (11.83%), Vitamin E: 1.69mg (11.24%), Calcium: 106.38mg (10.64%), Folate: 40.07µg (10.02%), Vitamin D: 1.44µg (9.57%)