



Colorful Tuna Casserole

READY IN



50 min.

SERVINGS



50

CALORIES



24 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups unseasoned bread cubes fresh
- 0.3 cup butter divided ()
- 6 oz tuna flaked drained canned
- 10 oz cream of mushroom soup canned
- 4 oz noodles cooked drained
- 0.3 cup bell pepper green chopped
- 0.3 cup milk
- 0.3 cup onion chopped
- 2 Tbsp pimento chopped

8 oz velveeta®

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Equipment

sauce pan

oven

casserole dish

Directions

Preheat oven to 350F. Cook and stir onion and green pepper in 1 Tbsp. of the butter in large saucepan on medium heat until crisp-tender; remove from saucepan. Set aside.

Mix soup and milk in same saucepan; cook on low heat until heated through, stirring occasionally.

Add VELVEETA; cook until melted. stirring frequently.

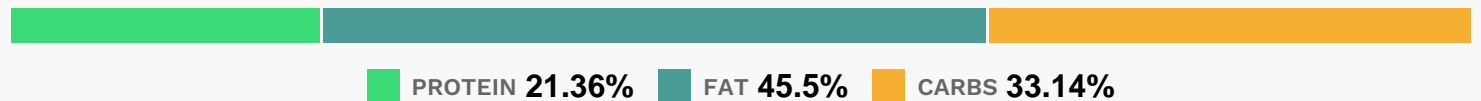
Add onion mixture, tuna, noodles and pimiento; mix lightly.

Spoon into greased 1-1/2-quart casserole dish. Melt remaining 3 Tbsp. butter; toss with bread cubes.

Sprinkle over casserole.

Bake 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:1.0926086928533%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 24.2kcal (1.21%), Fat: 1.22g (1.88%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.24g (0.26%), Cholesterol: 1.65mg (0.55%), Sodium: 66.92mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Selenium: 3.42µg (4.88%), Vitamin B3: 0.5mg (2.51%), Manganese: 0.05mg (2.37%), Vitamin B12: 0.1µg (1.74%), Vitamin C: 1.16mg (1.41%), Vitamin A: 60.06IU (1.2%), Phosphorus: 11.76mg (1.18%), Iron: 0.2mg (1.11%), Vitamin B6: 0.02mg (1.04%)