



Creamy Tuna Noodle Casserole

READY IN



45 min.

SERVINGS



45

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp butter melted
- 4 oz mushrooms undrained sliced canned
- 8 oz philadelphia cream cheese spread
- 3 cups extra wide egg noodles cooked
- 1 tsp garlic powder
- 0.3 cup milk divided
- 2 Tbsp parmesan cheese grated kraft
- 1 cup peas frozen
- 0.3 cup ritz crackers crushed

10 oz tuna in water light chunk flaked drained canned

Equipment

bowl

oven

Directions

Heat oven to 350F.

Mix cream cheese, 2 Tbsp. milk and garlic powder until blended.

Combine noodles, tuna, peas, mushrooms and remaining milk in large bowl.

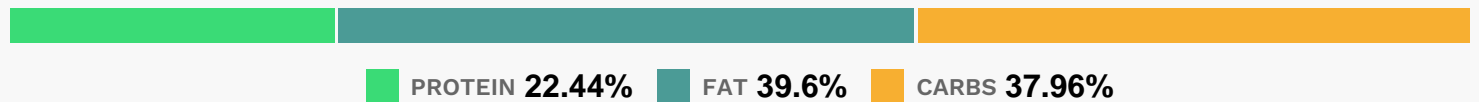
Add cream cheese mixture; mix lightly. Spoon into 1-1/2-qt. casserole sprayed with cooking spray; cover.

Bake 20 min. Meanwhile, mix cracker crumbs, Parmesan and butter until blended.

Stir noodle mixture; top with crumbs.

Bake, uncovered, 5 min. or until crumb topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:1.8765217208344%

Nutrients (% of daily need)

Calories: 42.83kcal (2.14%), Fat: 1.87g (2.88%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.65g (1.33%), Sugar: 0.57g (0.63%), Cholesterol: 9.57mg (3.19%), Sodium: 59.15mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Selenium: 7.13µg (10.19%), Vitamin B3: 0.8mg (4%), Vitamin B12: 0.18µg (3.08%), Manganese: 0.05mg (2.68%), Phosphorus: 26.69mg (2.67%), Vitamin A: 91.1IU (1.82%), Vitamin B6: 0.03mg (1.74%), Vitamin C: 1.29mg (1.56%), Fiber: 0.39g (1.55%), Iron: 0.26mg (1.45%), Calcium: 14.55mg (1.45%), Magnesium: 5.57mg (1.39%), Copper: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.28%), Zinc: 0.19mg (1.27%), Vitamin K: 1.07µg (1.01%)