



WHATSheATE



## Crowd-Pleasing Tuna Noodle Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 20 ounces tuna drained canned
- ☐ 21.5 ounces cream of mushroom soup fat free 98% canned (Regular or )
- ☐ 4 cups egg noodles cooked drained
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 1 cup milk
- ☐ 2 cups peas frozen

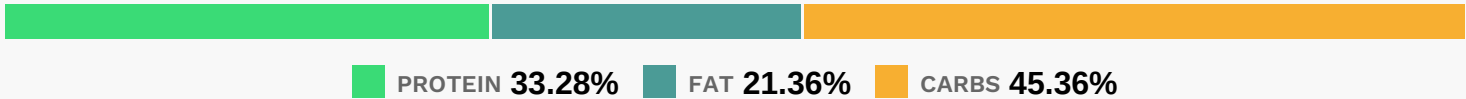
### Equipment

- ☐ bowl
- ☐ oven

## Directions

- ☐ Stir the soup, milk, peas, tuna and noodles in a 3-quart casserole. Stir the bread crumbs and butter in a small bowl.
- ☐ Bake the tuna mixture at 400°F. for 30 minutes or until 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.

## Nutrition Facts



## Properties

Glycemic Index:22.79, Glycemic Load:11.52, Inflammation Score:-6, Nutrition Score:19.20478267255%

## Nutrients (% of daily need)

Calories: 290.75kcal (14.54%), Fat: 6.82g (10.5%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 29.3g (10.65%), Sugar: 4g (4.44%), Cholesterol: 59.95mg (19.98%), Sodium: 742.35mg (32.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.83%), Selenium: 69.05µg (98.65%), Vitamin B3: 8.99mg (44.96%), Vitamin B12: 2.19µg (36.53%), Manganese: 0.67mg (33.34%), Phosphorus: 254.49mg (25.45%), Vitamin B6: 0.38mg (18.85%), Vitamin C: 14.5mg (17.58%), Copper: 0.34mg (16.76%), Zinc: 2.44mg (16.25%), Iron: 2.85mg (15.84%), Magnesium: 55.17mg (13.79%), Vitamin B1: 0.2mg (13.22%), Fiber: 3.29g (13.16%), Vitamin B2: 0.22mg (12.97%), Potassium: 390.66mg (11.16%), Folate: 40.06µg (10.01%), Vitamin K: 9.51µg (9.06%), Vitamin A: 427.65IU (8.55%), Vitamin D: 1.27µg (8.44%), Calcium: 76.98mg (7.7%), Vitamin B5: 0.63mg (6.27%), Vitamin E: 0.47mg (3.17%)