



Easy Macaroni Tuna Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 0.3 cup butter melted
- ☐ 6 ounce tuna flaked drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 7.3 ounce deluxe four-cheese macaroni and cheese dinner
- ☐ 0.5 cup milk
- ☐ 1 cup cheddar cheese shredded

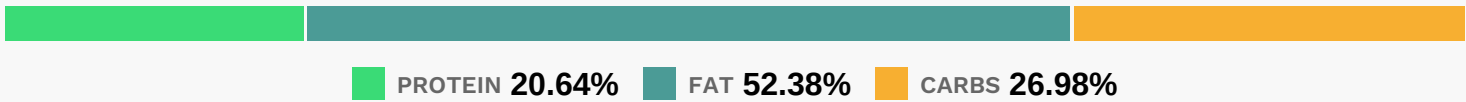
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart baking dish.
- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- ☐ Drain and return macaroni to pot.
- ☐ Stir 1/4 cup butter, 1/4 cup milk, and powdered cheese from envelope into the cooked macaroni. Stir cream of mushroom soup, tuna, and 1/2 cup milk into the macaroni and cheese.
- ☐ Pour macaroni mixture into the prepared baking dish; top with Cheddar cheese and parsley.
- ☐ Mix bread crumbs, melted butter, and dill in a small bowl; sprinkle over Cheddar cheese layer.
- ☐ Bake in the preheated oven until cheese is melted and bread crumb topping is lightly browned, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:10.72, Inflammation Score:-4, Nutrition Score:10.449565275856%

Nutrients (% of daily need)

Calories: 345.54kcal (17.28%), Fat: 20.1g (30.93%), Saturated Fat: 9.58g (59.89%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 23g (8.36%), Sugar: 1.32g (1.47%), Cholesterol: 54.35mg (18.12%), Sodium: 909.26mg (39.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Selenium: 26.17µg (37.38%), Phosphorus: 304mg (30.4%), Calcium: 225.47mg (22.55%), Vitamin B12: 1.15µg (19.19%), Manganese: 0.36mg (18.14%), Vitamin B3: 3.6mg (18.02%), Zinc: 2.04mg (13.6%), Vitamin B2: 0.19mg (10.95%), Iron: 1.79mg (9.93%), Vitamin A: 474.17IU (9.48%), Magnesium: 31.37mg (7.84%), Vitamin B6: 0.14mg (7.11%), Potassium: 237.47mg (6.78%), Copper: 0.13mg (6.65%), Vitamin B1: 0.08mg (5.3%), Vitamin D: 0.68µg (4.51%), Folate: 13.74µg (3.44%), Vitamin B5: 0.33mg (3.27%), Vitamin E: 0.47mg (3.12%), Vitamin K: 1.53µg (1.46%), Fiber: 0.3g (1.22%)