



Easy Tuna Noodle Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6.4 oz albacore tuna in water chunk
- 0.3 tsp pepper black
- 1 Tbsp butter melted
- 8 round buttery crackers crushed
- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 8 oz philadelphia cream cheese spread
- 2 cups extra wide egg noodles cooked
- 0.5 tsp garlic powder
- 4 green onions sliced

- 1 tsp lemon zest
- 1 cup peas frozen

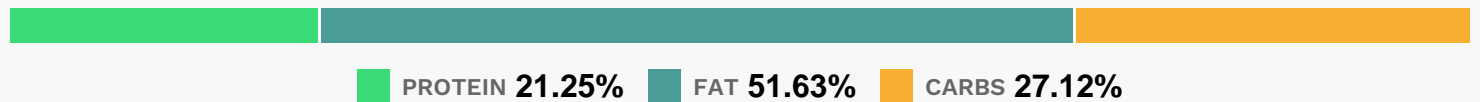
Equipment

- bowl
- oven

Directions

- Heat oven to 350F.
- Combine first 5 ingredients in large bowl.
- Mix cream cheese spread, lemon zest, juice and seasonings until blended.
- Add to noodle mixture; mix lightly. Spoon into 1-1/2-qt. casserole sprayed with cooking spray; cover.
- Bake 20 min. Meanwhile, combine cracker crumbs and butter.
- Stir tuna mixture; top with crumb mixture.
- Bake, uncovered, 8 to 10 min. or until tuna mixture is heated through and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:60.08, Glycemic Load:11.38, Inflammation Score:-8, Nutrition Score:18.945652256841%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 514.34kcal (25.72%), Fat: 29.34g (45.14%), Saturated Fat: 16.2g (101.25%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 31.09g (11.31%), Sugar: 5.03g (5.59%), Cholesterol: 113.29mg (37.76%), Sodium: 702.61mg (30.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.35%), Selenium: 58.05µg (82.93%), Vitamin K: 39.1µg (37.23%), Phosphorus: 351.3mg (35.13%), Calcium: 313.04mg (31.3%), Vitamin A: 1334.18IU

(26.68%), Manganese: 0.48mg (24.17%), Vitamin C: 17.41mg (21.1%), Vitamin B3: 4.09mg (20.43%), Zinc: 2.32mg (15.5%), Vitamin B12: 0.91µg (15.14%), Fiber: 3.6g (14.38%), Vitamin B2: 0.24mg (13.9%), Magnesium: 55.56mg (13.89%), Folate: 48.38µg (12.09%), Vitamin B6: 0.23mg (11.73%), Vitamin B1: 0.17mg (11.18%), Iron: 1.98mg (11.01%), Copper: 0.19mg (9.54%), Potassium: 296.3mg (8.47%), Vitamin D: 1.16µg (7.71%), Vitamin E: 1.14mg (7.62%), Vitamin B5: 0.46mg (4.62%)