



Mushroom Tuna Noodle Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 24 ounce tuna flaked drained canned
- ☐ 10 ounce carrots frozen
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.8 cup bread crumbs dry
- ☐ 5 cups extra wide egg noodles dry
- ☐ 6 servings ground pepper black to taste
- ☐ 1 cup milk
- ☐ 6 servings paprika to taste
- ☐ 10 ounce peas green frozen

- ☐ 30 ounce potatoes drained sliced canned
- ☐ 6 servings salt to taste
- ☐ 1.5 cups water

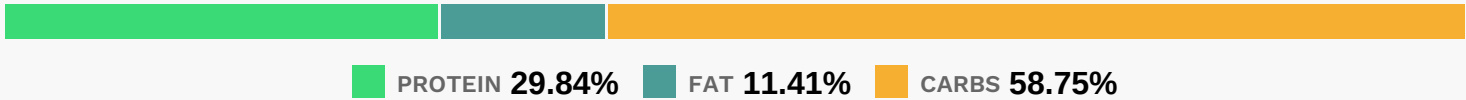
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a mixing bowl combine soup, milk, and water.
- ☐ Pour a small amount of the mixture into a 9x13 inch baking dish; enough to just cover the bottom.
- ☐ Layer the cooked noodles, flaked tuna, peas, carrots, and potatoes until all used up.
- ☐ Pour the remaining soup mixture over the layers.
- ☐ Sprinkle with salt, pepper, and paprika. Lightly coat the entire casserole with bread crumbs.
- ☐ Cover and bake in preheated oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:50.65, Glycemic Load:31.71, Inflammation Score:-10, Nutrition Score:39.304782784503%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 505.05kcal (25.25%), Fat: 6.4g (9.84%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 74.15g (24.72%), Net Carbohydrates: 64.54g (23.47%), Sugar: 9.62g (10.69%), Cholesterol: 74.84mg (24.95%), Sodium: 970.98mg (42.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.66g (75.32%), Vitamin A: 9393.52IU (187.87%), Selenium: 107.47µg (153.52%), Vitamin B3: 16.46mg (82.29%), Vitamin C: 49.63mg (60.16%), Vitamin B12: 3.35µg (55.9%), Vitamin B6: 1.1mg (54.95%), Manganese: 1.09mg (54.68%), Phosphorus: 464.55mg (46.46%), Fiber: 9.61g (38.45%), Potassium: 1338.52mg (38.24%), Vitamin B1: 0.53mg (35.22%), Iron: 5.88mg (32.66%), Magnesium: 116.88mg (29.22%), Copper: 0.57mg (28.38%), Vitamin B2: 0.42mg (24.85%), Folate: 95.09µg (23.77%), Zinc: 3.48mg (23.21%), Vitamin K: 23.82µg (22.68%), Calcium: 159.58mg (15.96%), Vitamin B5: 1.43mg (14.29%), Vitamin D: 1.9µg (12.69%), Vitamin E: 1.49mg (9.95%)