



Quick Tuna Casserole

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

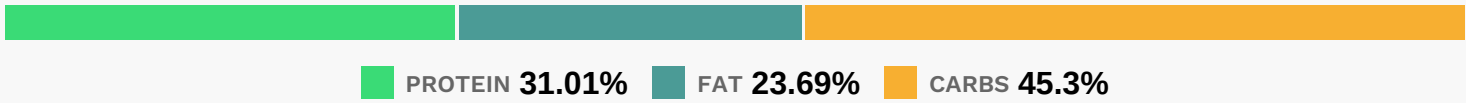
- ☐ 10 ounce peas drained canned
- ☐ 9 ounce tuna drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 7.3 ounce macaroni and cheese mix

Equipment

Directions

- ☐
- Prepare macaroni and cheese mix according to package directions. Stir in the cream of mushroom soup, tuna and peas.
- ☐
- Mix well, and heat until bubbly.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:15.34, Inflammation Score:-7, Nutrition Score:16.378260778344%

Nutrients (% of daily need)

Calories: 316.61kcal (15.83%), Fat: 8.25g (12.69%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 33.01g (12%), Sugar: 2.27g (2.52%), Cholesterol: 26.77mg (8.92%), Sodium: 1204.59mg (52.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.6%), Selenium: 44.17µg (63.1%), Vitamin B3: 7.72mg (38.59%), Phosphorus: 355.04mg (35.5%), Manganese: 0.63mg (31.59%), Vitamin B12: 1.76µg (29.35%), Vitamin A: 1120.02IU (22.4%), Iron: 3.58mg (19.87%), Zinc: 2.44mg (16.25%), Vitamin K: 14.8µg (14.09%), Vitamin B6: 0.28mg (14.03%), Magnesium: 50.94mg (12.74%), Copper: 0.25mg (12.66%), Potassium: 384.61mg (10.99%), Calcium: 103.21mg (10.32%), Fiber: 2.49g (9.96%), Vitamin B2: 0.12mg (6.77%), Vitamin C: 5.53mg (6.7%), Folate: 24.89µg (6.22%), Vitamin B1: 0.09mg (5.93%), Vitamin D: 0.77µg (5.1%), Vitamin B5: 0.3mg (3.04%), Vitamin E: 0.22mg (1.5%)