



So-Simple Tuna-Pasta Casserole

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup breadcrumbs white soft (2 slices bread)
- 2 tablespoons butter melted
- 10.8 oz condensed cream of potato soup canned
- 0.3 cup milk
- 24 oz sugar snap peas frozen
- 10 oz water-packed tuna flaked drained canned

Equipment

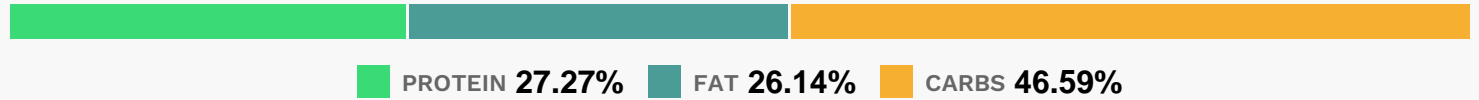
- bowl

- oven
- plastic wrap
- microwave

Directions

- Heat oven to 350F. Spray 2-quart casserole with cooking spray.
- In large microwavable bowl, place pasta-vegetable mixture. Cover with plastic wrap; microwave on High 9 to 11 minutes, stirring halfway through microwave time, until sauce chips are melted and vegetables are cooked. Stir in tuna, soup and milk.
- Pour into casserole.
- In small bowl, toss topping ingredients.
- Sprinkle over tuna mixture.
- Bake 25 to 30 minutes or until hot and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:31.280434960904%

Nutrients (% of daily need)

Calories: 346.31kcal (17.32%), Fat: 9.99g (15.37%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 34.13g (12.41%), Sugar: 10.5g (11.67%), Cholesterol: 31.15mg (10.38%), Sodium: 892.41mg (38.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.91%), Vitamin C: 102.07mg (123.72%), Selenium: 57.78µg (82.55%), Vitamin B3: 10.19mg (50.94%), Manganese: 0.91mg (45.29%), Vitamin A: 2216.26IU (44.33%), Vitamin K: 45.33µg (43.17%), Vitamin B1: 0.57mg (37.87%), Iron: 6.32mg (35.08%), Vitamin B12: 2.04µg (33.93%), Vitamin B6: 0.56mg (28.22%), Phosphorus: 277mg (27.7%), Folate: 104.76µg (26.19%), Fiber: 5.94g (23.77%), Vitamin B5: 2.13mg (21.26%), Vitamin B2: 0.35mg (20.51%), Copper: 0.39mg (19.49%), Potassium: 626.71mg (17.91%), Magnesium: 71.54mg (17.88%), Calcium: 168.36mg (16.84%), Zinc: 1.76mg (11.75%), Vitamin E: 1.2mg (7.98%), Vitamin D: 1.02µg (6.79%)