



Steph's Tuna Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bread crumbs italian-style
- ☐ 2 tablespoons butter softened
- ☐ 6 ounce tuna packed in water canned
- ☐ 1 cup cheddar cheese grated
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 16 ounce elbow macaroni
- ☐ 0.5 cup milk to taste

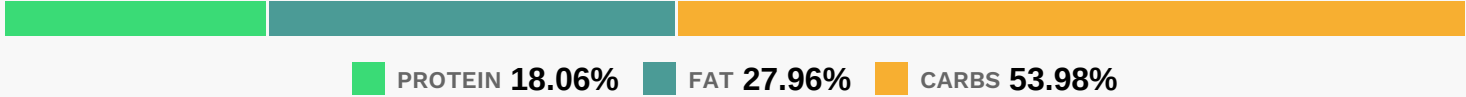
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Prepare a casserole dish with cooking spray.
- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water until cooked through but firm to the bite, 8 minutes; drain.
- ☐ Stir cooked elbow macaroni, cream of chicken soup, Cheddar cheese, tuna packed in water, milk, and butter together in a large bowl; pour into prepared baking dish.
- ☐ Sprinkle bread crumbs over macaroni mixture.
- ☐ Bake in preheated oven until golden brown on top, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:2.05, Inflammation Score:-5, Nutrition Score:16.985652024169%

Nutrients (% of daily need)

Calories: 509.75kcal (25.49%), Fat: 15.65g (24.08%), Saturated Fat: 7.64g (47.73%), Carbohydrates: 68g (22.67%), Net Carbohydrates: 65.18g (23.7%), Sugar: 3.89g (4.33%), Cholesterol: 45.58mg (15.19%), Sodium: 649.97mg (28.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.5%), Selenium: 76µg (108.56%), Manganese: 0.82mg (40.93%), Phosphorus: 320.23mg (32.02%), Vitamin B3: 4.93mg (24.63%), Calcium: 203.84mg (20.38%), Vitamin B12: 1.08µg (17.96%), Copper: 0.33mg (16.32%), Zinc: 2.31mg (15.4%), Magnesium: 60.11mg (15.03%), Vitamin B2: 0.24mg (14.17%), Iron: 2.46mg (13.67%), Vitamin B1: 0.19mg (12.48%), Vitamin B6: 0.23mg (11.72%), Fiber: 2.82g (11.3%), Vitamin A: 446.87IU (8.94%), Potassium: 307.13mg (8.78%), Folate: 29.48µg (7.37%), Vitamin B5: 0.67mg (6.74%), Vitamin E: 0.72mg (4.79%), Vitamin D: 0.68µg (4.51%), Vitamin K: 3.65µg (3.47%)