



## Tasty Tuna Casserole

READY IN



45 min.

SERVINGS



45

CALORIES



35 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 5 oz tuna drained canned
- 10 oz campbell's® condensed cream of celery soup canned
- 1 green onion sliced
- 7.3 oz macaroni & cheese dinner kraft
- 0.5 cup milk
- 1 cup potato chips crushed
- 0.5 cup pasilla peppers red chopped

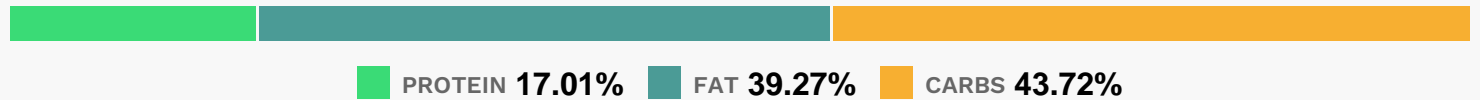
## Equipment

oven

## Directions

- Heat oven to 350F.
- Prepare Dinner as directed on package. Stir in soup, milk, tuna, peppers and onions.
- Spoon into 2-qt. casserole; top with crushed chips.
- Bake 30 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:3.69, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:1.4747826223788%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 34.82kcal (1.74%), Fat: 1.53g (2.36%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.7g (1.35%), Sugar: 0.3g (0.33%), Cholesterol: 2.15mg (0.72%), Sodium: 85.49mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Selenium: 2.35µg (3.36%), Vitamin C: 2.59mg (3.14%), Phosphorus: 30.22mg (3.02%), Manganese: 0.05mg (2.48%), Vitamin B3: 0.44mg (2.2%), Vitamin E: 0.32mg (2.16%), Vitamin K: 2.15µg (2.05%), Vitamin B12: 0.1µg (1.64%), Vitamin B5: 0.16mg (1.6%), Vitamin A: 78.45IU (1.57%), Potassium: 51.68mg (1.48%), Vitamin B6: 0.03mg (1.37%), Calcium: 13.24mg (1.32%), Iron: 0.21mg (1.19%), Magnesium: 4.36mg (1.09%)