



Tuna Noodle Casserole II

READY IN



45 min.

SERVINGS



6

CALORIES



604 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups processed cheese food shredded
- ☐ 6 ounce tuna drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 12 ounce extra wide egg noodles
- ☐ 0.5 cup evaporated milk
- ☐ 0.3 cup onion chopped
- ☐ 1 pinch paprika
- ☐ 0.5 cup potato chips crushed

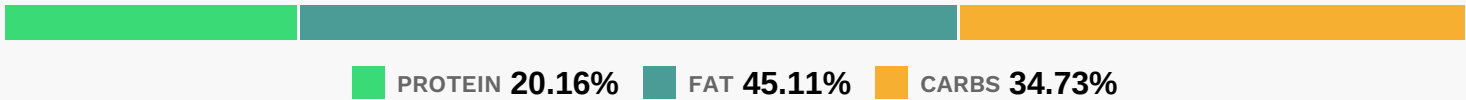
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ In a large pot with boiling salted water cook egg noodles until al dente.
- ☐ Drain.
- ☐ In a large bowl combine the cooked egg noodles, cream of mushroom soup, evaporated milk, tuna, grated American cheese, and chopped onion.
- ☐ Pour into a greased 1.5 quart casserole dish.
- ☐ Sprinkle the top with the crumbled potato chips and the paprika.
- ☐ Bake in a preheated 425 degree F (220 degree C) oven for 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:17.84, Inflammation Score:-6, Nutrition Score:24.056956612546%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 603.56kcal (30.18%), Fat: 30.26g (46.56%), Saturated Fat: 15.19g (94.94%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 50.07g (18.21%), Sugar: 5.16g (5.73%), Cholesterol: 136.46mg (45.49%), Sodium: 1663.77mg (72.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.85%), Selenium: 78.75µg (112.49%), Calcium: 816.86mg (81.69%), Phosphorus: 695.01mg (69.5%), Manganese: 0.73mg (36.56%), Vitamin B12: 2.06µg (34.3%), Zinc: 3.83mg (25.55%), Vitamin B3: 4.9mg (24.52%), Vitamin B2: 0.34mg (20.22%), Magnesium:

71.58mg (17.9%), Copper: 0.34mg (16.97%), Vitamin B6: 0.33mg (16.52%), Vitamin A: 771.39IU (15.43%), Potassium: 506.63mg (14.48%), Vitamin B5: 1.39mg (13.91%), Iron: 2.5mg (13.89%), Vitamin E: 1.64mg (10.93%), Vitamin B1: 0.15mg (10.31%), Fiber: 2.35g (9.4%), Folate: 32.16µg (8.04%), Vitamin D: 0.95µg (6.34%), Vitamin K: 3.9µg (3.71%), Vitamin C: 2.59mg (3.14%)