



Tuna Noodle Casserole III

READY IN



35 min.

SERVINGS



4

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices processed cheese food
- ☐ 0.3 cup bread crumbs
- ☐ 0.3 cup butter cubed
- ☐ 6 ounce tuna drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 8 ounce wide egg noodles

Equipment

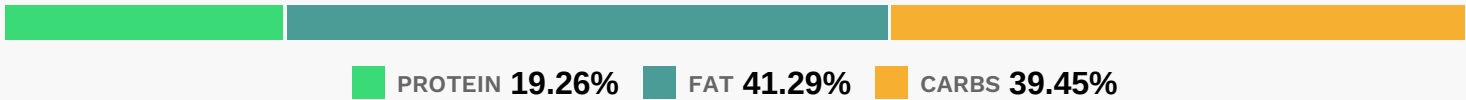
- ☐ oven

- ☐ pot
- ☐ glass casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a 1 1/2 quart glass casserole dish, layer noodles, butter cubes, 2 slices of cheese, 1/2 of the tuna, and 1/2 of the soup. Repeat the layering with the remaining ingredients. Top the casserole with bread crumbs.
- ☐ Bake at 350 degrees F (175 degrees C) for 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:17.17, Inflammation Score:-6, Nutrition Score:18.880869481875%

Nutrients (% of daily need)

Calories: 508.77kcal (25.44%), Fat: 23.29g (35.82%), Saturated Fat: 12.84g (80.28%), Carbohydrates: 50.05g (16.68%), Net Carbohydrates: 47.72g (17.35%), Sugar: 1.97g (2.19%), Cholesterol: 118.25mg (39.42%), Sodium: 1136.76mg (49.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.88%), Selenium: 79.6µg (113.71%), Manganese: 0.79mg (39.6%), Phosphorus: 366.15mg (36.62%), Vitamin B3: 6.56mg (32.82%), Vitamin B12: 1.74µg (29.03%), Calcium: 265.75mg (26.58%), Zinc: 2.84mg (18.94%), Copper: 0.37mg (18.4%), Iron: 2.78mg (15.46%), Vitamin B6: 0.31mg (15.45%), Magnesium: 56.65mg (14.16%), Vitamin B1: 0.19mg (12.9%), Vitamin B2: 0.21mg (12.52%), Vitamin A: 612.39IU (12.25%), Potassium: 353.54mg (10.1%), Fiber: 2.33g (9.31%), Vitamin B5: 0.86mg (8.62%), Folate: 32.81µg (8.2%), Vitamin E: 0.85mg (5.68%), Vitamin D: 0.81µg (5.38%), Vitamin K: 2.35µg (2.24%)