



Tuna Noodle Casserole III

READY IN



45 min.

SERVINGS



10

CALORIES



277 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup broccoli chopped
- 12 ounce tuna drained canned
- 2 carrots sliced
- 3 stalks celery chopped
- 32.3 ounce cream of mushroom soup canned
- 0.5 onion chopped
- 1 bell pepper red chopped
- 2 tablespoons cheddar cheese shredded
- 16 ounce tri-colored pasta assortment

Equipment

- bowl
- oven
- pot
- baking pan

Directions

- Bring a large pot of slightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente.
- Add carrots and broccoli for 5 minutes or less before removing pasta; drain. Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine pasta, carrots, broccoli, soup, tuna, celery, onion, and red bell pepper; mix all together.
- Place mixture evenly in a 9x13 inch baking dish, and sprinkle cheese on top.
- Bake in preheated oven for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:14.44, Inflammation Score:-9, Nutrition Score:17.501304512439%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 276.57kcal (13.83%), Fat: 3.9g (6%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 39.29g (14.29%), Sugar: 2.84g (3.15%), Cholesterol: 18.52mg (6.17%), Sodium: 758.18mg (32.96%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.21%), Selenium: 52.53µg (75.05%), Vitamin A: 2555.96IU (51.12%), Manganese: 0.77mg (38.28%), Vitamin C: 24.58mg (29.79%), Vitamin B3: 5.31mg (26.54%), Phosphorus: 184.28mg (18.43%), Copper: 0.35mg (17.45%), Vitamin B12: 1.04µg (17.31%), Vitamin B6: 0.29mg (14.67%), Vitamin K: 14.86µg (14.15%), Zinc: 2.05mg (13.68%), Potassium: 408.72mg (11.68%), Magnesium: 45.33mg (11.33%), Iron: 1.99mg (11.04%), Fiber: 2.74g (10.96%), Vitamin B2: 0.15mg (9.02%), Folate: 34.98µg (8.75%), Vitamin B1: 0.1mg (6.37%), Vitamin B5: 0.58mg (5.84%), Calcium: 46.38mg (4.64%), Vitamin E: 0.55mg (3.64%), Vitamin D: 0.42µg (2.79%)