



Tuna Noodle Casserole IV

READY IN



50 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounce tuna drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 cup croutons crushed
- ☐ 2 cups elbow macaroni
- ☐ 10.8 ounce milk canned
- ☐ 1 cup sharp cheddar cheese shredded

Equipment

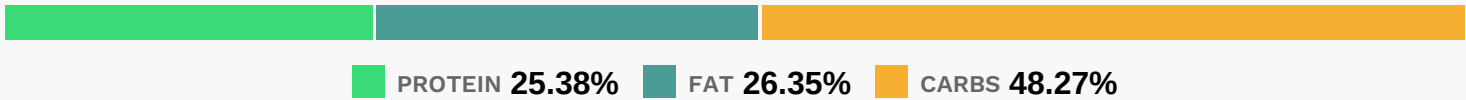
- ☐ bowl

- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil. Cook macaroni in boiling water for 8 to 10 minutes, or until al dente; drain.
- ☐ In a medium bowl, combine tuna, condensed soup, and milk.
- ☐ Mix with the macaroni, and pour into 2 quart casserole dish.
- ☐ Sprinkle Cheddar cheese and crushed croutons over top.
- ☐ Bake in a preheated oven for 20 to 30 minutes, or until bubbling and browned on the top.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:5.23, Inflammation Score:-6, Nutrition Score:22.396086806836%

Nutrients (% of daily need)

Calories: 555.08kcal (27.75%), Fat: 16.02g (24.65%), Saturated Fat: 8.21g (51.28%), Carbohydrates: 66.04g (22.01%), Net Carbohydrates: 63.27g (23.01%), Sugar: 5.63g (6.25%), Cholesterol: 64.17mg (21.39%), Sodium: 950.13mg (41.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.45%), Selenium: 99.74µg (142.49%), Manganese: 0.93mg (46.3%), Phosphorus: 456.74mg (45.67%), Vitamin B3: 8.71mg (43.53%), Vitamin B12: 2.47µg (41.2%), Calcium: 328.37mg (32.84%), Zinc: 3.66mg (24.41%), Vitamin B2: 0.39mg (22.95%), Copper: 0.41mg (20.38%), Vitamin B6: 0.4mg (20.1%), Magnesium: 76.2mg (19.05%), Iron: 2.86mg (15.89%), Potassium: 509.7mg (14.56%), Vitamin B1: 0.19mg (13%), Vitamin D: 1.77µg (11.82%), Fiber: 2.77g (11.1%), Vitamin B5: 0.97mg (9.74%), Folate: 36.32µg (9.08%), Vitamin A: 442.85IU (8.86%), Vitamin E: 0.54mg (3.58%), Vitamin K: 1.1µg (1.05%)