



Tuna & Pasta Cheddar Melt

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter melted
- ☐ 6 ounces tuna flaked drained canned
- ☐ 10.5 ounces campbell's® condensed chicken broth canned
- ☐ 10.8 ounces campbell's® condensed cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- ☐ 2 tablespoons italian-seasoned bread crumbs dry
- ☐ 1 cup milk
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 soup can water canned

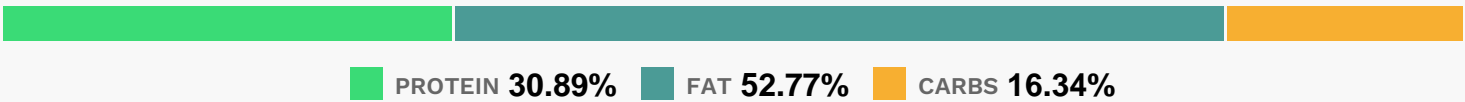
Equipment

☐ frying pan

Directions

- ☐ Heat the broth and the water to a boil over medium-high heat in a large skillet.
- ☐ Add the pasta and cook until just it's tender, stirring often. Do not drain. Stir in the soup, milk and tuna in the skillet. Top with the cheese.
- ☐ Mix the bread crumbs with the butter.
- ☐ Sprinkle on top.
- ☐ Serve with steamed whole green beans. For dessert serve clementines.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:14.005652263761%

Nutrients (% of daily need)

Calories: 278.2kcal (13.91%), Fat: 16.23g (24.97%), Saturated Fat: 8.06g (50.41%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 10.91g (3.97%), Sugar: 3.63g (4.04%), Cholesterol: 56.23mg (18.74%), Sodium: 1207.96mg (52.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.75%), Selenium: 39.52µg (56.45%), Vitamin B12: 1.88µg (31.31%), Calcium: 298.44mg (29.84%), Phosphorus: 283.75mg (28.37%), Vitamin B3: 5.45mg (27.27%), Vitamin B2: 0.35mg (20.88%), Zinc: 2.53mg (16.86%), Manganese: 0.33mg (16.27%), Vitamin B6: 0.23mg (11.6%), Copper: 0.21mg (10.34%), Vitamin A: 506.69IU (10.13%), Vitamin D: 1.35µg (9.01%), Vitamin B1: 0.13mg (8.95%), Potassium: 310.09mg (8.86%), Iron: 1.59mg (8.82%), Magnesium: 33.23mg (8.31%), Vitamin B5: 0.59mg (5.92%), Folate: 18.94µg (4.74%), Vitamin E: 0.5mg (3.35%), Vitamin K: 3.25µg (3.09%), Fiber: 0.4g (1.59%)