



Tuna-Vegetable Casserole

READY IN



60 min.

SERVINGS



5

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups cornflakes
- 7 oz elbow macaroni ()
- 10.8 oz cream of mushroom soup canned
- 5 oz water-packed tuna drained canned
- 12 oz savory vegetable mixed frozen thawed drained
- 1 cup milk
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 tablespoon butter melted

2 oz cheddar cheese shredded

Equipment

bowl

oven

ziploc bags

rolling pin

Directions

Heat oven to 400°F.

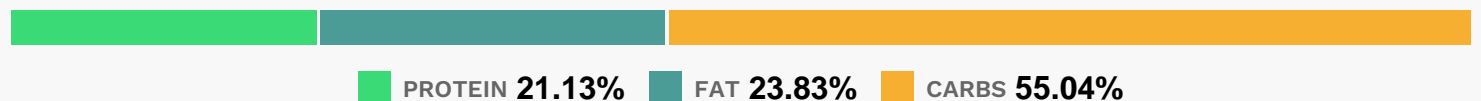
Place cereal in food-storage plastic bag or between sheets of waxed paper; crush with rolling pin. Set aside.

Cook and drain macaroni as directed on box. In ungreased 2-quart casserole, stir soup, tuna, vegetables, milk, salt and pepper until blended. Stir in macaroni. In small bowl, mix crushed cereal and melted butter with fork; sprinkle over mixture in casserole.

Bake uncovered about 30 minutes or until bubbly around edge and hot.

Sprinkle with cheese; let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:22.930869646694%

Nutrients (% of daily need)

Calories: 389.4kcal (19.47%), Fat: 10.4g (16%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 49.54g (18.02%), Sugar: 4.51g (5.01%), Cholesterol: 30.45mg (10.15%), Sodium: 961.92mg (41.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.75g (41.5%), Vitamin A: 3964.59IU (79.29%), Selenium: 49.65µg (70.93%), Manganese: 0.75mg (37.67%), Vitamin B3: 6.95mg (34.76%), Iron: 5.33mg (29.61%), Vitamin B12: 1.77µg (29.54%), Phosphorus: 285.12mg (28.51%), Vitamin B2: 0.43mg (25.31%), Vitamin B6: 0.48mg (23.77%), Vitamin B1: 0.32mg (21.37%), Folate: 74.69µg (18.67%), Fiber: 4.51g (18.03%), Calcium: 175.07mg (17.51%), Copper: 0.34mg (17.07%), Zinc: 2.45mg (16.36%), Magnesium: 61.7mg (15.42%), Potassium: 462.74mg (13.22%), Vitamin C: 9.43mg (11.43%), Vitamin D: 1.35µg (8.99%), Vitamin B5: 0.7mg (6.98%), Vitamin E: 0.35mg (2.32%)