



VELVEETA Tuna Noodle Casserole

READY IN



40 min.

SERVINGS



40

CALORIES



27 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz vegetables mixed frozen thawed drained
- 0.5 cup milk
- 2 cups soup noodles uncooked
- 10 oz tuna in water flaked drained canned
- 8 oz velveeta cut into 1/2-inch cubes
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Equipment

- frying pan

sauce pan

oven

Directions

Heat oven to 350F.

Cook pasta in large saucepan as directed on package, adding vegetables to the boiling water the last minute.

Drain; return to pan.

Stir in VELVEETA, tuna and milk. Spoon into 1-1/2-qt. casserole; cover.

Bake 15 to 20 min. or until heated through. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:1.44, Inflammation Score:-4, Nutrition Score:2.2956521730546%

Nutrients (% of daily need)

Calories: 26.6kcal (1.33%), Fat: 0.27g (0.41%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.37g (1.22%), Sugar: 0.23g (0.25%), Cholesterol: 2.92mg (0.97%), Sodium: 22.19mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Vitamin A: 584.82IU (11.7%), Selenium: 6.8µg (9.72%), Vitamin B3: 0.9mg (4.5%), Vitamin B12: 0.2µg (3.31%), Manganese: 0.06mg (2.83%), Phosphorus: 25.15mg (2.52%), Fiber: 0.55g (2.2%), Vitamin B6: 0.04mg (1.98%), Magnesium: 6.31mg (1.58%), Iron: 0.27mg (1.47%), Vitamin C: 1.18mg (1.43%), Potassium: 47.78mg (1.37%), Vitamin B1: 0.02mg (1.36%), Vitamin B2: 0.02mg (1.26%), Copper: 0.02mg (1.13%), Folate: 4.11µg (1.03%), Zinc: 0.15mg (1.02%)