



## VELVEETA® Tuna & Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 tsp pepper black
- 6 oz tuna flaked drained canned
- 6 oz extra wide egg noodles uncooked
- 16 oz vegetable blend frozen thawed drained
- 8 oz velveeta®
- 8 oz velveeta®

### Equipment

- sauce pan

## Directions

- Bring 1-1/2 cups water to boil in medium saucepan. Stir in noodles. Reduce heat to medium-low; cover. Simmer 8 to 10 minutes or until noodles are tender. Do not drain.
- Add VELVEETA, vegetables, tuna and pepper; cook until VELVEETA is melted and mixture is heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:4.84, Glycemic Load:2.81, Inflammation Score:-6, Nutrition Score:3.4095652420884%

## Nutrients (% of daily need)

Calories: 43.91kcal (2.2%), Fat: 0.46g (0.71%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.35g (2.31%), Sugar: 0.13g (0.14%), Cholesterol: 8.16mg (2.72%), Sodium: 24.86mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin A: 929.54IU (18.59%), Selenium: 10.05µg (14.35%), Manganese: 0.11mg (5.31%), Vitamin B3: 1.05mg (5.23%), Fiber: 0.96g (3.82%), Phosphorus: 36.46mg (3.65%), Vitamin B12: 0.19µg (3.24%), Vitamin B6: 0.05mg (2.7%), Magnesium: 9.9mg (2.47%), Vitamin B1: 0.04mg (2.38%), Iron: 0.42mg (2.32%), Vitamin C: 1.89mg (2.29%), Copper: 0.04mg (2.03%), Potassium: 67.31mg (1.92%), Folate: 7.51µg (1.88%), Zinc: 0.26mg (1.72%), Vitamin B2: 0.03mg (1.6%), Vitamin B5: 0.1mg (1.02%)