

Crowd-Pleasing Tuna Noodle Casserole

Wal-Mart Ad

Servings: 8

2 cans (10-3/4 ounce ea) condensed cream of mushroom soup
 1 cup milk
 1/4 cup chopped pimientos (optional)
 2 cups frozen sweet garden peas
 2 cans (12 ounce ea) tuna, drained
 6 ounces (about four cups) medium egg noodles, cooked and drained
 2 tablespoons plain dry bread crumbs
 1 tablespoon butter, melted

Preheat the oven to 400 degrees.

In a two-quart casserole dish, stir the soup, pimientos (if desired), peas, tuna and noodles.

In a small bowl, stir the bread crumbs and butter.

Bake the tuna mixture for 30 minutes or until hot and bubbling.

Stir the tuna mixture. Sprinkle with the bread crumb mixture.

Bake for 5 minutes or until the bread crumb mixture is golden brown.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 171 Calories; 10g Fat (54.7% calories from fat); 12g Protein; 7g Carbohydrate; trace Dietary Fiber; 25mg Cholesterol; 664mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	171	Vitamin B6 (mg):	.2mg
% Calories from Fat:	54.7%	Vitamin B12 (mcg):	4.2mcg
% Calories from Carbohydrates:	16.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	28.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	10g	Folacin (mcg):	5mcg
Saturated Fat (g):	4g	Niacin (mg):	4mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	25mg	% Refuse:	0 0%

Carbohydrate (g): 7g
Dietary Fiber (g): trace
Protein (g): 12g
Sodium (mg): 664mg
Potassium (mg): 205mg
Calcium (mg): 60mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1021IU
Vitamin A (r.e.): 303 1/2RE

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 171 **Calories from Fat:** 94

% Daily Values*

Total Fat	10g	16%
	Saturated Fat 4g	18%
Cholesterol	25mg	8%
Sodium	664mg	28%
Total Carbohydrates	7g	2%
	Dietary Fiber trace	1%
Protein	12g	

Vitamin A	20%
Vitamin C	2%
Calcium	6%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.