

Tuna Casserole II

Mrs. Robert A. McLean

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

1 can (9-1/2 ounce) tuna, drained
1/2 cup celery, chopped
1/2 cup onion, chopped
1/3 cup green pepper, chopped
2 eggs, boiled and chopped
4 ounces sharp Cheddar cheese, cut in pieces
1 can (10-1/2 ounce) mushroom soup
1 1/2 cups cooked rice
black pepper (to taste)

Preheat the oven to 400 degrees.

Mix all of the ingredients together in a 1-1/2 quart casserole dish.

Bake for 20 to 30 minutes or until the cheese is melted and the casserole is bubbling.

(Can be made one day ahead.)

Per Serving (excluding unknown items): 232 Calories; 11g Fat (43.4% calories from fat); 15g Protein; 17g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 309mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	232
% Calories from Fat:	43.4%
% Calories from Carbohydrates:	29.7%
% Calories from Protein:	26.9%
Total Fat (g):	11g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	102mg
Carbohydrate (g):	17g
Dietary Fiber (g):	1g
Protein (g):	15g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	3.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	47mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	2

Sodium (mg): 309mg
Potassium (mg): 211mg
Calcium (mg): 167mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 966IU
Vitamin A (r.e.): 275 1/2RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 232 **Calories from Fat:** 101

% Daily Values*

Total Fat	11g	17%
	Saturated Fat 5g	27%
Cholesterol	102mg	34%
Sodium	309mg	13%
Total Carbohydrates	17g	6%
	Dietary Fiber 1g	3%
Protein	15g	

Vitamin A	19%
Vitamin C	15%
Calcium	17%
Iron	6%

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