

Tuna Casserole III

Gourmet Eating in South Carolina - (1985)

1 can tuna
1 can mushroom soup
1 cup celery, chopped
1 cup green onions, chopped
1 small can mushrooms
1 can chinese noodles
1/4 cup water
1/4 pound whole cashew nuts

Preheat the oven to 375 degrees.

Combine all of the ingredients in a large casserole dish.

Bake for 30 minutes.

Per Serving (excluding unknown items): 920 Calories; 18g Fat (17.6% calories from fat); 45g Protein; 142g Carbohydrate; 6g Dietary Fiber; 67mg Cholesterol; 1084mg Sodium. Exchanges: 8 1/2 Grain(Starch); 5 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.

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Seafood

Per Serving Nutritional Analysis

Calories (kcal):	920	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	17.6%	Vitamin B12 (mcg):	16.1mcg
% Calories from Carbohydrates:	62.5%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	19.9%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	18g	Folacin (mcg):	110mcg
Saturated Fat (g):	5g	Niacin (mg):	17mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	67mg	% Refuse:	0.0%
Carbohydrate (g):	142g		
Dietary Fiber (g):	6g	Food Exchanges	
Protein (g):	45g	Grain (Starch):	8 1/2
Sodium (mg):	1084mg	Lean Meat:	5 1/2
Potassium (mg):	1219mg	Vegetable:	2
Calcium (mg):	214mg	Fruit:	0
		Non-Fat Milk:	0

Iron (mg): 7mg
Zinc (mg): 3mg
Vitamin C (mg): 28mg
Vitamin A (i.u.): 4246IU
Vitamin A (r.e.): 1167RE

Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 920 **Calories from Fat:** 162

% Daily Values*

Total Fat 18g	27%
Saturated Fat 5g	23%
Cholesterol 67mg	22%
Sodium 1084mg	45%
Total Carbohydrates 142g	47%
Dietary Fiber 6g	24%
Protein 45g	
Vitamin A	85%
Vitamin C	47%
Calcium	21%
Iron	41%

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