

# Tuna Casserole

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St. Mary's Home & School Association - Griffith, IN (1978)

1 can tuna  
 1 small can peas  
 1 can mushroom soup  
 1 can milk  
 1 onion, chopped  
 1 package (8 ounce) elbow macaroni  
 salt and pepper (to taste)  
 bread crumbs

Preheat the oven to 350 degrees.

Spray a baking dish with nonstick cooking spray.

Cook the macaroni according to package directions. Drain and place in a medium bowl.

Add the remaining ingredients and mix well. Place in the prepared baking dish.

Bake for 35 minutes.

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Per Serving (excluding unknown items): 895 Calories; 27g Fat (27.6% calories from fat); 66g Protein; 94g Carbohydrate; 11g Dietary Fiber; 100mg Cholesterol; 1081mg Sodium. Exchanges: 4 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 1 Non-Fat Milk; 3 Fat.

Seafood

## Per Serving Nutritional Analysis

|                                       |       |                            |         |
|---------------------------------------|-------|----------------------------|---------|
| <b>Calories (kcal):</b>               | 895   | <b>Vitamin B6 (mg):</b>    | 1.3mg   |
| <b>% Calories from Fat:</b>           | 27.6% | <b>Vitamin B12 (mcg):</b>  | 16.9mcg |
| <b>% Calories from Carbohydrates:</b> | 42.4% | <b>Thiamin B1 (mg):</b>    | 1.5mg   |
| <b>% Calories from Protein:</b>       | 30.0% | <b>Riboflavin B2 (mg):</b> | 1.4mg   |
| <b>Total Fat (g):</b>                 | 27g   | <b>Folacin (mcg):</b>      | 146mcg  |
| <b>Saturated Fat (g):</b>             | 10g   | <b>Niacin (mg):</b>        | 23mg    |
| <b>Monounsaturated Fat (g):</b>       | 7g    | <b>Caffeine (mg):</b>      | 0mg     |
| <b>Polyunsaturated Fat (g):</b>       | 8g    | <b>Alcohol (kcal):</b>     | 0       |
| <b>Cholesterol (mg):</b>              | 100mg | <b>% Refuse:</b>           | 0.0%    |
| <b>Carbohydrate (g):</b>              | 94g   |                            |         |
| <b>Dietary Fiber (g):</b>             | 11g   | <b>Food Exchanges</b>      |         |
| <b>Protein (g):</b>                   | 66g   | <b>Grain (Starch):</b>     | 4 1/2   |
|                                       |       | <b>Lean Meat:</b>          | 5 1/2   |

**Sodium (mg):** 1081mg  
**Potassium (mg):** 1517mg  
**Calcium (mg):** 420mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 68mg  
**Vitamin A (i.u.):** 4950IU  
**Vitamin A (r.e.):** 1299 1/2RE

**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 1  
**Fat:** 3  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 895 Calories from Fat: 247

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### % Daily Values\*

|                            |        |  |      |
|----------------------------|--------|--|------|
| <b>Total Fat</b>           | 27g    |  | 42%  |
| Saturated Fat              | 10g    |  | 49%  |
| <b>Cholesterol</b>         | 100mg  |  | 33%  |
| <b>Sodium</b>              | 1081mg |  | 45%  |
| <b>Total Carbohydrates</b> | 94g    |  | 31%  |
| Dietary Fiber              | 11g    |  | 45%  |
| <b>Protein</b>             | 66g    |  |      |
| <hr/>                      |        |  |      |
| <b>Vitamin A</b>           |        |  | 99%  |
| <b>Vitamin C</b>           |        |  | 114% |
| <b>Calcium</b>             |        |  | 42%  |
| <b>Iron</b>                |        |  | 38%  |

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