

# Tuna Fish Casserole

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Community Living Committee - All Saint's Church Hammond, IN 1987

1 small onion, chopped  
1 tablespoon butter  
1 can mushroom soup  
1/2 cup milk  
1 can (16 ounce) tomatoes  
1 1/2 cups elbow macaroni,  
uncooked  
1/2 can peas  
1 can tuna, drained

Preheat the oven to 375 degrees.

In a bowl, mix all of the ingredients together well.

Transfer to a casserole dish.

Top with salad crispins. If desired, a can of mushrooms may be added.

Bake for 20 to 25 minutes.

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Per Serving (excluding unknown items): 994 Calories; 35g Fat (32.0% calories from fat); 63g Protein; 104g Carbohydrate; 10g Dietary Fiber; 115mg Cholesterol; 1148mg Sodium. Exchanges: 5 1/2 Grain(Starch); 5 1/2 Lean Meat; 3 Vegetable; 1/2 Non-Fat Milk; 4 1/2 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	994	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	32.0%	Vitamin B12 (mcg):	16.5mcg
% Calories from Carbohydrates:	42.3%	Thiamin B1 (mg):	1.7mg
% Calories from Protein:	25.6%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	35g	Folacin (mcg):	116mcg
Saturated Fat (g):	15g	Niacin (mg):	24mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	115mg	% Refused:	0.0%
Carbohydrate (g):	104g	<b>Food Exchanges</b>	
Dietary Fiber (g):	10g	Grain (Starch):	5 1/2
Protein (g):	63g	Lean Meat:	5 1/2
Sodium (mg):	1148mg	Vegetable:	3

**Potassium (mg):** 1478mg  
**Calcium (mg):** 271mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 62mg  
**Vitamin A (i.u.):** 5532IU  
**Vitamin A (r.e.):** 1390 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 994 Calories from Fat: 318

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### % Daily Values\*

<b>Total Fat</b>	35g		54%
	Saturated Fat	15g	73%
<b>Cholesterol</b>	115mg		38%
<b>Sodium</b>	1148mg		48%
<b>Total Carbohydrates</b>	104g		35%
	Dietary Fiber	10g	38%
<b>Protein</b>	63g		
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<b>Vitamin A</b>			111%
<b>Vitamin C</b>			103%
<b>Calcium</b>			27%
<b>Iron</b>			41%

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