

Campbell's Baked Macaroni and Cheese

READY IN



40 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons butter
- ☐ 10.8 ounce campbell's® condensed cheddar cheese soup canned
- ☐ 2 cups soup noodles hot corkscrew-shaped shell-shaped cooked
- ☐ 1 tablespoon bread crumbs dry
- ☐ 0.1 teaspoon ground pepper black
- ☐ 10.8 ounce milk canned

Equipment

- ☐ oven

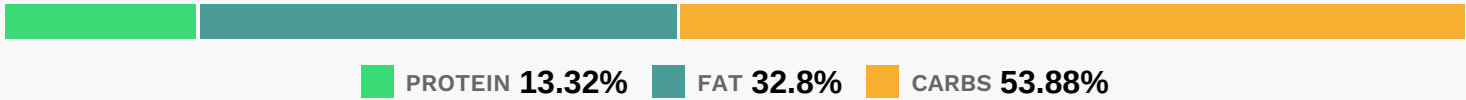
☐

baking pan

Directions

- ☐ Mix soup, milk, black pepper and pasta in 1-qt. baking dish.
- ☐ Mix bread crumbs and butter and sprinkle over pasta mixture.
- ☐ Bake at 400 degrees F. for 20 min. or until hot.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:9.64, Inflammation Score:-4, Nutrition Score:6.4652173302906%

Nutrients (% of daily need)

Calories: 228.26kcal (11.41%), Fat: 8.2g (12.62%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 28.51g (10.37%), Sugar: 5.38g (5.97%), Cholesterol: 12.19mg (4.06%), Sodium: 470.66mg (20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (14.99%), Selenium: 17.59µg (25.13%), Potassium: 491.29mg (14.04%), Calcium: 127.81mg (12.78%), Phosphorus: 115.82mg (11.58%), Manganese: 0.22mg (11.16%), Vitamin A: 520.24IU (10.4%), Vitamin B2: 0.13mg (7.53%), Fiber: 1.8g (7.18%), Vitamin B12: 0.42µg (7.04%), Vitamin D: 0.84µg (5.59%), Vitamin B1: 0.08mg (5.26%), Magnesium: 20.97mg (5.24%), Iron: 0.88mg (4.88%), Zinc: 0.65mg (4.33%), Vitamin B6: 0.08mg (3.93%), Vitamin B5: 0.37mg (3.67%), Copper: 0.07mg (3.34%), Vitamin B3: 0.48mg (2.41%), Folate: 6.82µg (1.71%), Vitamin E: 0.15mg (1.02%)