



## Campbell's® Broccoli and Pasta Bianco

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 cups broccoli fresh
- 10.8 ounce cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- 0.5 teaspoon pepper black
- 1.5 cups milk
- 0.3 cup parmesan shredded
- 16 ounce penne pasta
- 1.5 cups mozzarella cheese shredded

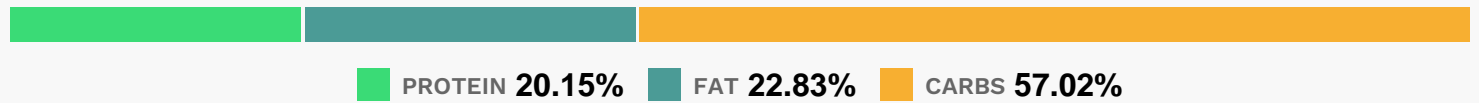
### Equipment

- oven
- baking pan
- colander

## Directions

- Cook the pasta according to the package directions.
- Add the broccoli for the last 4 minutes of cooking time.
- Drain the pasta and broccoli well in a colander.
- Stir the soup, milk and black pepper in a 2-quart shallow baking dish. Stir in the pasta mixture, 3/4 cup mozzarella cheese and 2 tablespoons Parmesan cheese. Top with the remaining mozzarella and Parmesan cheeses.
- Bake at 350 degrees F for 25 minutes or until the pasta mixture is hot and the cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:24.75, Glycemic Load:18.57, Inflammation Score:-6, Nutrition Score:17.653478238894%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 351.56kcal (17.58%), Fat: 8.9g (13.7%), Saturated Fat: 4.79g (29.95%), Carbohydrates: 50.02g (16.67%), Net Carbohydrates: 46.95g (17.07%), Sugar: 4.7g (5.23%), Cholesterol: 26.11mg (8.7%), Sodium: 487.16mg (21.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.35%), Selenium: 42.08µg (60.12%), Vitamin C: 39.25mg (47.57%), Vitamin K: 45.81µg (43.63%), Manganese: 0.75mg (37.57%), Phosphorus: 289.68mg (28.97%), Calcium: 233.99mg (23.4%), Zinc: 2.29mg (15.25%), Vitamin B2: 0.24mg (14.21%), Vitamin B12: 0.82µg (13.74%), Copper: 0.27mg (13.35%), Magnesium: 53.24mg (13.31%), Fiber: 3.07g (12.26%), Potassium: 402.6mg (11.5%), Vitamin B6: 0.21mg (10.58%), Folate: 42.3µg (10.58%), Vitamin A: 515.28IU (10.31%), Vitamin B3: 1.67mg (8.34%), Vitamin B1: 0.12mg (8.21%), Iron: 1.46mg (8.08%), Vitamin B5: 0.79mg (7.85%), Vitamin D: 0.6µg (4.02%), Vitamin E: 0.48mg (3.18%)