



HEALTH SCORE

52%

Campbell's® Healthy Request® Chicken and Pasta Primavera

READY IN



20 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup healthy request® canned
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 4 cups pasta like spaghetti hot cooked
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 cup milk
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 16 ounce vegetable combination frozen (broccoli, cauliflower, carrots)

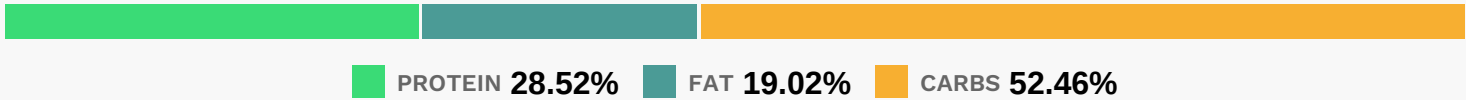
Equipment

☐ sauce pan

Directions

- ☐ Mix soup, milk, cheese, garlic powder and vegetables in saucepan.
- ☐ Heat to a boil. Cover and cook over low heat 10 minutes or until tender-crisp.
- ☐ Add chicken and heat through.
- ☐ Serve over spaghetti.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:25.11, Inflammation Score:-10, Nutrition Score:24.656956318928%

Nutrients (% of daily need)

Calories: 491.86kcal (24.59%), Fat: 10.39g (15.98%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 64.45g (21.48%), Net Carbohydrates: 57.23g (20.81%), Sugar: 2.26g (2.51%), Cholesterol: 63.23mg (21.08%), Sodium: 724.71mg (31.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.05g (70.1%), Vitamin A: 5868.9IU (117.38%), Selenium: 56.57µg (80.81%), Manganese: 0.97mg (48.71%), Vitamin B3: 8.22mg (41.09%), Phosphorus: 359.96mg (36%), Fiber: 7.23g (28.9%), Vitamin B6: 0.52mg (25.98%), Iron: 4.28mg (23.76%), Zinc: 3.42mg (22.8%), Copper: 0.44mg (22.03%), Magnesium: 77.57mg (19.39%), Vitamin B2: 0.33mg (19.31%), Potassium: 613.19mg (17.52%), Vitamin B1: 0.24mg (16.26%), Vitamin C: 11.8mg (14.3%), Folate: 51.83µg (12.96%), Vitamin B5: 1.29mg (12.94%), Calcium: 120.41mg (12.04%), Vitamin B12: 0.54µg (9%), Vitamin D: 0.35µg (2.36%)