



 **18%**
HEALTH SCORE

Campbell's Kitchen Chicken Mozzarella

READY IN



25 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce all natural tomato soup healthy request® canned
- 4 cups noodles hot corkscrew-shaped cooked
- 0.5 teaspoon garlic powder
- 0.5 teaspoon seasoning italian
- 0.3 cup mozzarella cheese shredded
- 4 chicken breast boneless skinless

Equipment

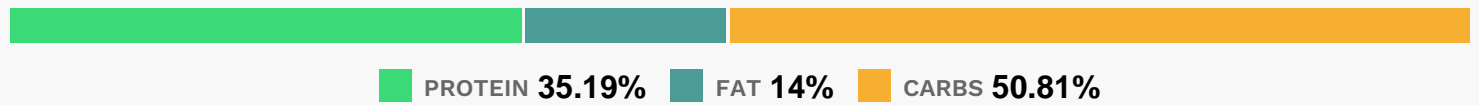
- oven

baking pan

Directions

- Place chicken in 2-quart shallow baking dish.
- Mix soup, Italian seasoning and garlic powder. Spoon over chicken.
- Bake at 400 degrees F for 20 minutes or until done.
- Sprinkle cheese over chicken.
- Serve with pasta.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:20.54, Inflammation Score:-5, Nutrition Score:19.425217688084%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 387.66kcal (19.38%), Fat: 5.93g (9.13%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 48.45g (16.15%), Net Carbohydrates: 45.36g (16.5%), Sugar: 7.02g (7.8%), Cholesterol: 77.85mg (25.95%), Sodium: 463.67mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.55g (67.11%), Selenium: 70.76µg (101.08%), Vitamin B3: 12.93mg (64.66%), Vitamin B6: 0.98mg (49.04%), Phosphorus: 355.77mg (35.58%), Potassium: 910.93mg (26.03%), Manganese: 0.52mg (25.93%), Vitamin B5: 1.76mg (17.57%), Magnesium: 63.56mg (15.89%), Iron: 2.52mg (13.98%), Vitamin C: 11.19mg (13.57%), Fiber: 3.09g (12.37%), Zinc: 1.61mg (10.76%), Vitamin B2: 0.17mg (9.98%), Copper: 0.19mg (9.52%), Vitamin B1: 0.13mg (8.8%), Vitamin A: 384.13IU (7.68%), Vitamin B12: 0.39µg (6.43%), Calcium: 63.42mg (6.34%), Vitamin K: 4.38µg (4.17%), Vitamin E: 0.61mg (4.04%), Folate: 14µg (3.5%)