



 **33%**
HEALTH SCORE

Campbell's Kitchen Creamy Pasta Primavera

READY IN



30 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of chicken soup fat free 98% canned (Regular or)
- 16 ounce spaghetti cooked drained
- 0.5 teaspoon basil dried crushed
- 0.1 teaspoon garlic powder
- 0.1 teaspoon pepper black
- 1 tablespoon juice of lemon
- 3 tablespoons parmesan cheese grated
- 16 ounce savory vegetable frozen (broccoli, cauliflower, carrots)
- 0.5 cup water

Equipment

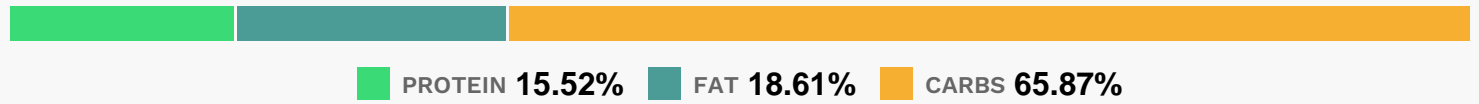
frying pan

Directions

Heat the soup, water, cheese, lemon juice, basil, garlic powder, black pepper and vegetables in a 10-inch skillet over medium-high heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the vegetables are tender.

Add the spaghetti to the skillet and toss to coat.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:23.17, Inflammation Score:-10, Nutrition Score:16.865652133589%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 337.69kcal (16.88%), Fat: 7.11g (10.93%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 56.6g (18.87%), Net Carbohydrates: 49.95g (18.16%), Sugar: 1.15g (1.28%), Cholesterol: 9.36mg (3.12%), Sodium: 656.59mg (28.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.68%), Vitamin A: 5930.95IU (118.62%), Selenium: 33.18µg (47.41%), Manganese: 0.72mg (35.92%), Fiber: 6.66g (26.64%), Iron: 3.48mg (19.33%), Phosphorus: 181.2mg (18.12%), Copper: 0.33mg (16.36%), Vitamin C: 13.32mg (16.15%), Magnesium: 53.58mg (13.39%), Vitamin B1: 0.17mg (11.56%), Folate: 43.76µg (10.94%), Vitamin B3: 2.19mg (10.93%), Vitamin B2: 0.17mg (9.96%), Zinc: 1.49mg (9.93%), Potassium: 343.63mg (9.82%), Vitamin B6: 0.17mg (8.63%), Calcium: 84.37mg (8.44%), Vitamin K: 5.43µg (5.17%), Vitamin B5: 0.48mg (4.78%), Vitamin E: 0.52mg (3.46%)