



Cheeseburger Pasta

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce campbell's® condensed cheddar cheese soup canned
- 10.8 ounce campbell's® condensed tomato soup 25% canned (Regular or Less Sodium)
- 1 pound ground beef
- 2 cups soup noodles shell-shaped uncooked
- 1.5 cups water

Equipment

- frying pan

Directions

- Cook beef in skillet until browned.
- Pour off fat.
- Add soups, water and pasta.
- Heat to a boil. Cook over medium heat 10 minutes or until done, stirring often.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:12.93, Inflammation Score:-5, Nutrition Score:16.541739183923%

Flavonoids

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

Nutrients (% of daily need)

Calories: 511.33kcal (25.57%), Fat: 26.54g (40.83%), Saturated Fat: 10.1g (63.13%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 38.35g (13.94%), Sugar: 8.3g (9.22%), Cholesterol: 83.56mg (27.85%), Sodium: 768.68mg (33.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.44%), Selenium: 38.26µg (54.65%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.31mg (35.39%), Potassium: 1145.63mg (32.73%), Vitamin B3: 5.96mg (29.79%), Phosphorus: 259.49mg (25.95%), Vitamin B6: 0.47mg (23.72%), Manganese: 0.39mg (19.58%), Iron: 3.04mg (16.89%), Vitamin A: 605.71IU (12.11%), Vitamin C: 9.83mg (11.91%), Magnesium: 46.73mg (11.68%), Vitamin B2: 0.2mg (11.6%), Copper: 0.21mg (10.41%), Fiber: 2.41g (9.63%), Vitamin B1: 0.11mg (7.18%), Vitamin B5: 0.7mg (6.99%), Calcium: 63.66mg (6.37%), Vitamin E: 0.76mg (5.05%), Vitamin K: 4.51µg (4.29%), Folate: 13.34µg (3.33%)