



WHATSheATE



Easiest Ever Mac and Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce campbell's® condensed cheddar cheese soup canned
- ☐ 10.8 ounce milk canned
- ☐ 1 cup soup noodles corkscrew-shaped uncooked
- ☐ 10.8 ounce water canned

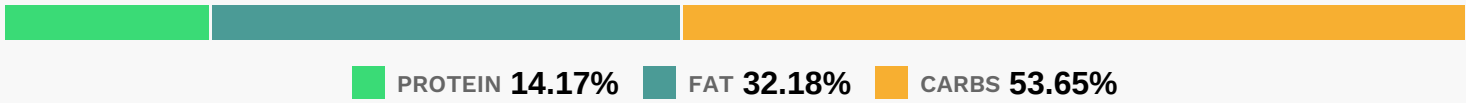
Equipment

- ☐ sauce pan

Directions

- ☐
- Heat the soup, milk and water in a 3-quart saucepan over medium-high heat to a boil.
- ☐
- Stir the pasta in the saucepan. Reduce the heat to low. Cook for 20 minutes or until the pasta is tender, stirring often.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:5.85, Inflammation Score:-4, Nutrition Score:5.0943478520798%

Nutrients (% of daily need)

Calories: 163.08kcal (8.15%), Fat: 5.74g (8.82%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 20.43g (7.43%), Sugar: 5.29g (5.88%), Cholesterol: 12.19mg (4.06%), Sodium: 432.89mg (18.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Selenium: 10.93µg (15.61%), Potassium: 492.11mg (14.06%), Calcium: 123.53mg (12.35%), Phosphorus: 105.3mg (10.53%), Vitamin A: 430.47IU (8.61%), Manganese: 0.14mg (7.03%), Vitamin B12: 0.41µg (6.86%), Vitamin B2: 0.11mg (6.71%), Vitamin D: 0.84µg (5.59%), Magnesium: 17.85mg (4.46%), Fiber: 1.09g (4.36%), Vitamin B1: 0.06mg (3.74%), Zinc: 0.53mg (3.54%), Vitamin B5: 0.35mg (3.49%), Vitamin B6: 0.07mg (3.39%), Copper: 0.06mg (2.82%), Vitamin B3: 0.34mg (1.67%), Iron: 0.19mg (1.08%)