



Laurie's Cheesy Tomato Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



658 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 pound kielbasa sausage cut into 1 inch pieces
- ☐ 2 cups cheddar cheese shredded
- ☐ 12 ounces pasta like spaghetti

Equipment

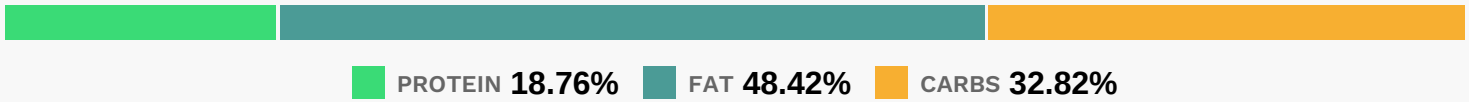
- ☐ bowl
- ☐ oven

- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, combine cream of mushroom soup, tomato soup, cheese, kielbasa and pasta; mix well.
- ☐ Pour mixture into a 9x13 inch baking dish.
- ☐ Bake in preheated oven for 30 minutes or until bubbly; serve.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:19.89, Inflammation Score:-6, Nutrition Score:19.110869552778%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 658.36kcal (32.92%), Fat: 35.16g (54.09%), Saturated Fat: 14.71g (91.92%), Carbohydrates: 53.63g (17.88%), Net Carbohydrates: 51.15g (18.6%), Sugar: 5.82g (6.46%), Cholesterol: 94.64mg (31.55%), Sodium: 1282.16mg (55.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.31%), Selenium: 48.02µg (68.6%), Phosphorus: 412.21mg (41.22%), Manganese: 0.75mg (37.5%), Zinc: 4.47mg (29.82%), Calcium: 293.65mg (29.36%), Vitamin B3: 5.43mg (27.16%), Vitamin B1: 0.3mg (20.09%), Vitamin B6: 0.4mg (20.09%), Potassium: 692.38mg (19.78%), Vitamin B2: 0.33mg (19.44%), Vitamin B12: 1.12µg (18.72%), Copper: 0.35mg (17.66%), Magnesium: 61.47mg (15.37%), Iron: 2.29mg (12.73%), Vitamin A: 633.23IU (12.66%), Vitamin B5: 1mg (10.04%), Fiber: 2.47g (9.9%), Vitamin C: 7.08mg (8.58%), Vitamin D: 1.21µg (8.06%), Folate: 22.43µg (5.61%), Vitamin E: 0.66mg (4.41%), Vitamin K: 2.89µg (2.75%)