



 **78%**
HEALTH SCORE

Pasta With Spinach Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce campbell's® condensed cream of celery soup canned
- 20 ounce pkt spinach frozen thawed chopped
- 2 tablespoons garlic minced
- 1 cup ham chopped
- 1 tablespoon olive oil
- 1 onion chopped
- 0.5 cup parmesan cheese grated
- 3 tablespoons cup heavy whipping cream sour

8 ounces pasta like spaghetti

Equipment

sauce pan

pot

Directions

Cook noodles in a large pot of boiling water until al dente.

Drain.

Meanwhile prepare the sauce.

Heat oil in a medium saucepan over medium heat.

Add onions, and ham if desired. Cook until onion is transparent, 2 to 3 minutes.

Add garlic, and cook for 30 seconds. Stir in thawed spinach.

Mix in sour cream, cream of celery soup, and Parmesan cheese. Reduce heat to low, and heat through.

Serve spinach sauce over spaghetti or egg noodles.

Nutrition Facts



PROTEIN 19.75% **FAT 34.28%** **CARBS 45.97%**

Properties

Glycemic Index:24.75, Glycemic Load:17.96, Inflammation Score:-10, Nutrition Score:36.874347717866%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 509.71kcal (25.49%), Fat: 19.73g (30.35%), Saturated Fat: 6.51g (40.66%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 52.59g (19.12%), Sugar: 4.99g (5.54%), Cholesterol: 46.27mg (15.42%), Sodium:

1140.27mg (49.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Vitamin K: 543.09µg (517.23%), Vitamin A: 17001.29IU (340.03%), Manganese: 1.79mg (89.45%), Selenium: 59.07µg (84.38%), Folate: 224.95µg (56.24%), Vitamin E: 5.97mg (39.79%), Magnesium: 155.85mg (38.96%), Phosphorus: 374.56mg (37.46%), Calcium: 354.78mg (35.48%), Vitamin B2: 0.53mg (31.1%), Vitamin B1: 0.44mg (29.2%), Vitamin B6: 0.56mg (28.07%), Fiber: 6.93g (27.73%), Copper: 0.51mg (25.62%), Potassium: 882.13mg (25.2%), Iron: 4.31mg (23.94%), Zinc: 3.16mg (21.07%), Vitamin B3: 3.52mg (17.62%), Vitamin C: 11.31mg (13.71%), Vitamin B5: 1.37mg (13.67%), Vitamin B12: 0.44µg (7.37%), Vitamin D: 0.31µg (2.05%)