



Pepperoni White Pizza Skillet

READY IN



45 min.

SERVINGS



6

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned Regular or
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.8 cups milk
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 1.3 teaspoons oregano leaves dried crushed
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 7 ounce pepperoni sliced

- ☐ 16 ounce rotini pasta cooked drained
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 1 medium tomatoes chopped

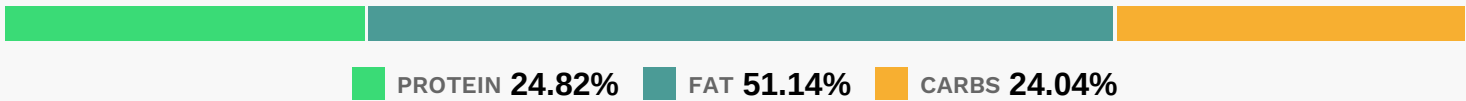
Equipment

- ☐ frying pan

Directions

- ☐ Reserve 14 slices pepperoni. Coarsely chop the remaining pepperoni.
- ☐ Heat the oil in a 12-inch skillet over medium heat.
- ☐ Add the onion, garlic and oregano and cook for 5 minutes or until the onion is tender, stirring occasionally.
- ☐ Stir the soup, milk, Parmesan cheese, 1 cup mozzarella cheese and black pepper in the skillet and heat to a boil. Stir in the chicken, chopped pepperoni, rotini and tomato.
- ☐ Sprinkle with the remaining mozzarella cheese. Reduce the heat to low. Cover and cook until the mixture is hot.
- ☐ Sprinkle with the cheese. Top with the reserved pepperoni slices.
- ☐ Sprinkle with additional chopped tomato, if desired.

Nutrition Facts



Properties

Glycemic Index:50.08, Glycemic Load:13.06, Inflammation Score:-7, Nutrition Score:19.742608526479%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 575.21kcal (28.76%), Fat: 32.37g (49.79%), Saturated Fat: 13.48g (84.24%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 31.88g (11.59%), Sugar: 5.79g (6.44%), Cholesterol: 103.12mg (34.37%), Sodium: 1190.17mg (51.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.68%), Selenium: 48.37µg (69.1%), Phosphorus: 414.8mg (41.48%), Manganese: 0.72mg (35.82%), Vitamin B3: 6.38mg (31.9%), Calcium: 314.13mg (31.41%), Vitamin B12: 1.72µg (28.65%), Zinc: 3.79mg (25.24%), Vitamin B6: 0.49mg (24.47%), Vitamin B2: 0.4mg (23.8%), Iron: 2.78mg (15.47%), Potassium: 522.09mg (14.92%), Vitamin B1: 0.22mg (14.38%), Vitamin B5: 1.41mg (14.1%), Magnesium: 55.16mg (13.79%), Copper: 0.27mg (13.38%), Vitamin A: 535.14IU (10.7%), Fiber: 2.35g (9.41%), Vitamin D: 1.35µg (8.97%), Vitamin K: 8.71µg (8.3%), Vitamin E: 1.01mg (6.76%), Vitamin C: 4.98mg (6.04%), Folate: 23.94µg (5.99%)