



Simple Seasoned Pasta

READY IN



20 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon tomatoes diced canned drained
- ☐ 3.5 cups chicken broth organic swanson® Regular, Natural or Certified
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon penzey's southwest seasoning italian crushed
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 3 cups soup noodles corkscrew-shaped uncooked

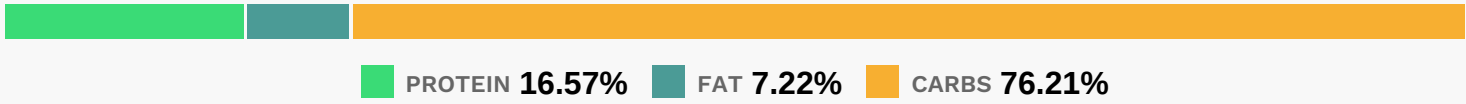
Equipment

- ☐ sauce pan

Directions

- ☐ Heat broth, tomatoes, cheese, Italian seasoning and garlic powder in medium saucepan to a boil.
- ☐ Stir in pasta. Cook over medium heat 10 minutes or until pasta is done.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:9.01, Inflammation Score:-1, Nutrition Score:4.4504348116562%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 124.31kcal (6.22%), Fat: 0.99g (1.52%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 22.35g (8.13%), Sugar: 1.46g (1.62%), Cholesterol: 3.47mg (1.16%), Sodium: 528.65mg (22.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Selenium: 19.84µg (28.34%), Manganese: 0.35mg (17.52%), Phosphorus: 68.71mg (6.87%), Vitamin B2: 0.1mg (6.13%), Copper: 0.11mg (5.55%), Magnesium: 18.38mg (4.6%), Fiber: 1.07g (4.27%), Vitamin B3: 0.84mg (4.19%), Vitamin B1: 0.06mg (3.87%), Zinc: 0.57mg (3.78%), Iron: 0.58mg (3.24%), Potassium: 101.4mg (2.9%), Vitamin B6: 0.05mg (2.49%), Calcium: 22.69mg (2.27%), Folate: 6.1µg (1.53%), Vitamin B5: 0.15mg (1.5%), Vitamin K: 1.15µg (1.1%)