



Spaghetti Florentine

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



363 kcal

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup healthy request® canned
- ☐ 4 cups pasta like spaghetti hot cooked
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 3 cloves garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 teaspoon penzey's southwest seasoning italian crushed
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 cup nonfat yogurt plain

☐ 1 medium tomatoes diced

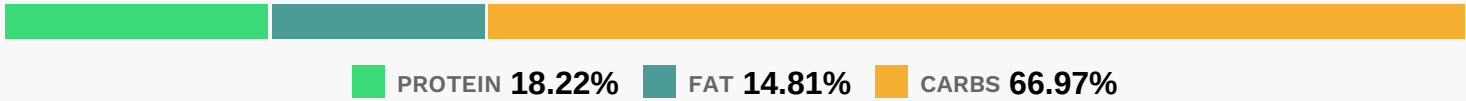
Equipment

☐ sauce pan

Directions

- ☐ Spray saucepan with vegetable cooking spray.
- ☐ Heat over medium heat 1 min.
- ☐ Add onion, garlic and Italian seasoning and cook until tender.
- ☐ Add soup, pepper and spinach.
- ☐ Heat to a boil. Reduce heat to low. Cover and cook 10 min. or until spinach is tender.
- ☐ Add yogurt and tomato and heat through. Toss with spaghetti.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:20.84, Inflammation Score:-10, Nutrition Score:28.604347626152%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 362.8kcal (18.14%), Fat: 6.04g (9.29%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 61.45g (20.48%), Net Carbohydrates: 55.31g (20.11%), Sugar: 9g (10%), Cholesterol: 11.78mg (3.93%), Sodium: 541.05mg (23.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.43%), Vitamin K: 282.71µg (269.25%), Vitamin A: 8817.17IU (176.34%), Selenium: 46.15µg (65.92%), Manganese: 1.25mg (62.42%), Folate: 132.69µg (33.17%), Calcium: 291.33mg (29.13%), Phosphorus: 270.43mg (27.04%), Magnesium: 102.83mg (25.71%), Fiber: 6.14g (24.58%), Vitamin E: 3.48mg (23.18%), Vitamin B2: 0.39mg (22.76%), Iron: 3.95mg (21.93%), Potassium: 671.46mg (19.18%),

Copper: 0.38mg (18.9%), Vitamin B6: 0.32mg (16.18%), Vitamin B5: 1.41mg (14.05%), Vitamin C: 11.56mg (14.02%),
Zinc: 2.04mg (13.63%), Vitamin B1: 0.17mg (11.45%), Vitamin B12: 0.44µg (7.3%), Vitamin B3: 1.45mg (7.27%)