

Three-Cheese Pasta Skillet

READY IN



20 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup fat free 98% canned
- 2.8 ounce fried onions french canned
- 0.1 teaspoon pepper black
- 1 cup pizza cheese shredded
- 0.3 cup parmesan cheese grated
- 3 cups soup noodles corkscrew-shaped uncooked
- 1 cup water

Equipment

frying pan

Directions

Cook pasta according to package directions.

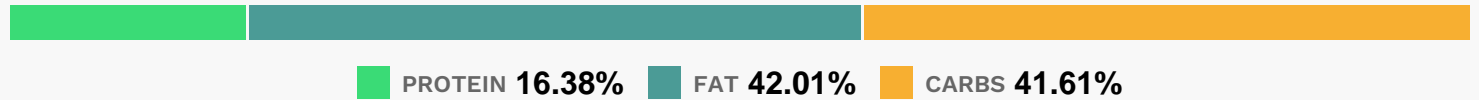
Drain.

Mix soup, water, pepper, cheeses and 2/3 cup onions in skillet.

Heat to a boil.

Add pasta and top with remaining onions. Cover and cook over low heat 2 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:9.01, Inflammation Score:-1, Nutrition Score:5.7434782683849%

Nutrients (% of daily need)

Calories: 308.38kcal (15.42%), Fat: 14.33g (22.04%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 30.85g (11.22%), Sugar: 0.81g (0.89%), Cholesterol: 11.11mg (3.7%), Sodium: 606.79mg (26.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.13%), Selenium: 20.91µg (29.87%), Manganese: 0.44mg (21.88%), Phosphorus: 106.72mg (10.67%), Copper: 0.2mg (9.87%), Calcium: 96.14mg (9.61%), Zinc: 1.23mg (8.18%), Magnesium: 21.87mg (5.47%), Vitamin B3: 0.97mg (4.86%), Iron: 0.77mg (4.3%), Fiber: 1.07g (4.29%), Potassium: 141.68mg (4.05%), Vitamin B2: 0.07mg (3.98%), Vitamin B6: 0.07mg (3.38%), Vitamin B12: 0.16µg (2.6%), Vitamin B1: 0.04mg (2.58%), Vitamin B5: 0.24mg (2.44%), Folate: 9.3µg (2.32%)