

## Ultimate Pasta

READY IN



15 min.

SERVINGS



5

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 10.8 ounce cream of mushroom soup canned
- 16 ounce extra wide egg noodles
- 1 teaspoon garlic powder
- 0.3 cup milk
- 1 cup processed cheese cubed
- 5 servings salt and pepper to taste

### Equipment

sauce pan

pot

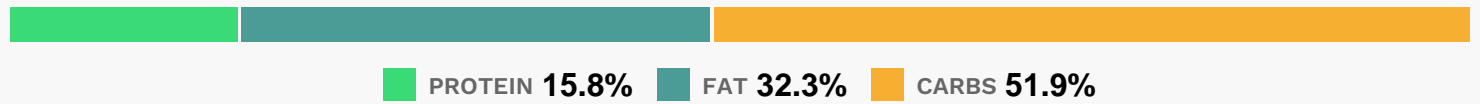
## Directions

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In large saucepan over medium heat, combine mushroom soup, processed cheese, butter, milk, garlic powder, salt and pepper. Stir until cheese is melted. Stir in noodles and heat through.

## Nutrition Facts



## Properties

Glycemic Index:32.8, Glycemic Load:27.65, Inflammation Score:-5, Nutrition Score:18.398260687113%

## Nutrients (% of daily need)

Calories: 538.88kcal (26.94%), Fat: 19.33g (29.74%), Saturated Fat: 9.96g (62.28%), Carbohydrates: 69.87g (23.29%), Net Carbohydrates: 66.7g (24.25%), Sugar: 2.94g (3.27%), Cholesterol: 120.76mg (40.25%), Sodium: 1153.87mg (50.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.27g (42.55%), Selenium: 77.57µg (110.82%), Manganese: 0.98mg (48.84%), Phosphorus: 431.94mg (43.19%), Calcium: 343.73mg (34.37%), Zinc: 3.18mg (21.22%), Copper: 0.41mg (20.38%), Magnesium: 66.21mg (16.55%), Vitamin B12: 0.86µg (14.27%), Iron: 2.36mg (13.13%), Fiber: 3.17g (12.68%), Vitamin B6: 0.25mg (12.65%), Vitamin B3: 2.49mg (12.47%), Vitamin B1: 0.18mg (12.02%), Vitamin B2: 0.2mg (11.96%), Vitamin B5: 1.11mg (11.12%), Potassium: 361.95mg (10.34%), Vitamin A: 480.55IU (9.61%), Folate: 33.26µg (8.32%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.57µg (3.83%), Vitamin K: 1.61µg (1.54%)