



## Cheddar Spirals

READY IN



170 min.

SERVINGS



15

CALORIES



413 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 ounces rotini pasta
- 2 cups cup heavy whipping cream
- 10 ounces condensed cream of cheddar cheese soup undiluted canned
- 0.5 cup butter melted
- 4 cups cheddar cheese shredded

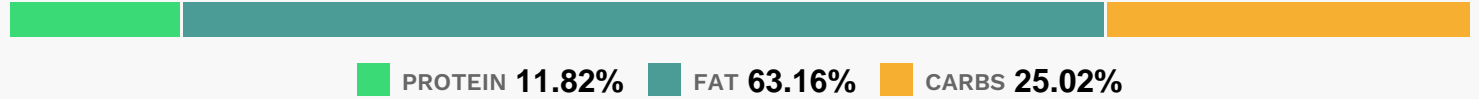
## Equipment

- slow cooker

## Directions

- Cook pasta according to package directions; drain. In a 5-qt. slow cooker, combine the cream, soup and butter until smooth; stir in the cheese and pasta. Cover and cook on low for 2-1/2 hours or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:7.93, Glycemic Load:9.28, Inflammation Score:-6, Nutrition Score:8.887826172554%

## Nutrients (% of daily need)

Calories: 412.59kcal (20.63%), Fat: 29.06g (44.7%), Saturated Fat: 17.36g (108.51%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 24.78g (9.01%), Sugar: 2.14g (2.38%), Cholesterol: 83.02mg (27.67%), Sodium: 355.14mg (15.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.47%), Selenium: 28.67µg (40.95%), Calcium: 248.2mg (24.82%), Phosphorus: 215.38mg (21.54%), Vitamin A: 1033.67IU (20.67%), Manganese: 0.28mg (14.03%), Vitamin B2: 0.21mg (12.54%), Zinc: 1.62mg (10.77%), Magnesium: 26.54mg (6.63%), Vitamin B12: 0.38µg (6.38%), Potassium: 208.03mg (5.94%), Copper: 0.1mg (5.04%), Vitamin E: 0.73mg (4.85%), Vitamin D: 0.69µg (4.59%), Fiber: 1.12g (4.48%), Vitamin B6: 0.08mg (3.75%), Vitamin B5: 0.34mg (3.44%), Folate: 13.27µg (3.32%), Vitamin B1: 0.04mg (2.85%), Vitamin B3: 0.55mg (2.77%), Iron: 0.47mg (2.64%), Vitamin K: 2.3µg (2.19%)