



Potatoes Alfredo with Garden Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



280 min.

SERVINGS



10

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 2 lb potatoes – remove skin red cut into 1/4-inch-thick slices (8 cups) (2 to 3-inch)
- ☐ 0.3 cup spring onion sliced
- ☐ 2 garlic clove minced
- ☐ 10 oz alfredo sauce refrigerated
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1.5 cups peas sweet frozen
- ☐ 0.5 cup frangelico

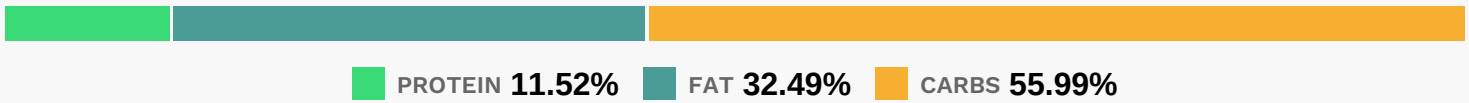
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray 3 1/2 to 4-quart slow cooker with nonstick cooking spray.
- ☐ Layer half each of potatoes, onions and garlic in sprayed slow cooker. In medium bowl, combine Alfredo sauce, half-and-half, salt and pepper; mix well. Spoon half of mixture over top.
- ☐ Layer with remaining potatoes, onions, garlic and sauce mixture. Do not stir.
- ☐ Cover; cook on high setting for 3 to 4 hours.
- ☐ About 30 minutes before serving, sprinkle peas over potato mixture. Cover; cook on high setting an additional 20 to 30 minutes. Stir gently to mix peas with potatoes before serving.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:6.5804347564345%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 133.91kcal (6.7%), Fat: 4.87g (7.5%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 16.02g (5.83%), Sugar: 2.92g (3.25%), Cholesterol: 18.6mg (6.2%), Sodium: 324.73mg (14.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Vitamin C: 17.16mg (20.8%), Potassium: 475.5mg (13.59%), Vitamin K: 13.25µg (12.62%), Manganese: 0.23mg (11.73%), Fiber: 2.87g (11.46%), Vitamin B6: 0.2mg (10%), Vitamin B1: 0.13mg (8.93%), Copper: 0.16mg (8.21%), Phosphorus: 80.71mg (8.07%), Folate: 32.09µg (8.02%), Vitamin B3: 1.51mg (7.57%), Magnesium: 27.83mg (6.96%), Iron: 1.03mg (5.74%), Vitamin A: 197.85IU (3.96%), Zinc: 0.59mg (3.91%), Vitamin B2: 0.06mg (3.5%), Vitamin B5: 0.28mg (2.82%), Calcium: 17.58mg (1.76%), Selenium: 0.95µg (1.35%)