



Slow-Cooker Bacon-Ranch Chicken and Pasta

READY IN



370 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb chicken breast
- ☐ 6 slices bacon diced cooked
- ☐ 2 cloves garlic finely chopped
- ☐ 1 oz ranch seasoning
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1 cup cream sour
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup water
- ☐ 8 oz spaghetti cooked

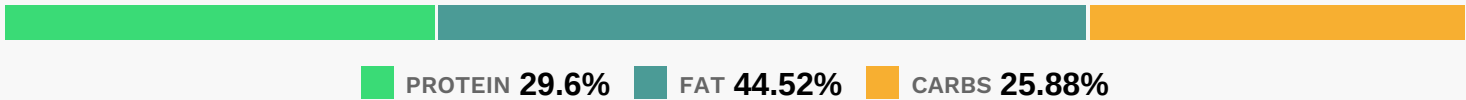
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray 4-quart slow cooker with cooking spray; place chicken breasts in cooker.
- ☐ In medium bowl, mix remaining ingredients except spaghetti.
- ☐ Pour over top of chicken.
- ☐ Cover; cook on Low heat setting 6 hours or on High heat setting 3 to 4 hours.
- ☐ When about 15 minutes are left, cook and drain spaghetti as directed on package.
- ☐ Just before serving, shred chicken with 2 forks, and toss creamy chicken mixture with cooked spaghetti.

Nutrition Facts



Properties

Glycemic Index:25.58, Glycemic Load:7, Inflammation Score:-4, Nutrition Score:12.326086894326%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 320kcal (16%), Fat: 15.5g (23.84%), Saturated Fat: 6.19g (38.7%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 19.53g (7.1%), Sugar: 1.8g (2%), Cholesterol: 82.98mg (27.66%), Sodium: 946.48mg (41.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.36%), Selenium: 40.76µg (58.23%), Vitamin B3: 9.12mg (45.6%), Vitamin B6: 0.66mg (32.81%), Phosphorus: 258.39mg (25.84%), Vitamin B5: 1.44mg (14.44%), Potassium: 415.3mg (11.87%), Vitamin B2: 0.19mg (11.23%), Manganese: 0.21mg (10.58%), Magnesium: 35.54mg (8.88%), Iron: 1.44mg (7.99%), Vitamin B1: 0.12mg (7.81%), Zinc: 1.17mg (7.77%), Copper: 0.15mg (7.34%), Vitamin A: 357.9IU (7.16%), Calcium: 56.27mg (5.63%), Vitamin B12: 0.32µg (5.31%), Vitamin E: 0.62mg (4.15%), Fiber: 0.74g (2.97%), Vitamin K: 3.1µg (2.95%), Folate: 9.04µg (2.26%), Vitamin C: 1.62mg (1.96%)