



## Slow-Cooker Cheesy Ham and Noodles

READY IN



195 min.

SERVINGS



6

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12 oz pasta uncooked
- 8 oz swiss cheese shredded
- 1 cup peas sweet frozen thawed (from 12-oz bag)
- 1 tablespoon dijon mustard
- 12 oz finely-chopped ham lean cooked chopped
- 10 oz alfredo sauce refrigerated
- 3 cups frangelico

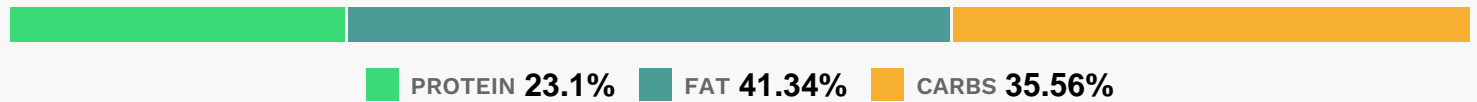
### Equipment

- sauce pan
- slow cooker

## Directions

- Spray 3 1/2- to 4-quart slow cooker with cooking spray. In 4-quart saucepan, cook linguine 5 minutes in boiling water; drain.
- Place linguine in slow cooker.
- Add half-and- half, 1 cup of the cheese, the peas, mustard, ham and Alfredo sauce; stir gently to blend.
- Sprinkle with remaining 1 cup cheese.
- Cover; cook on Low heat setting 3 hours or until linguine is tender.

## Nutrition Facts



## Properties

Glycemic Index:24.22, Glycemic Load:18.11, Inflammation Score:-6, Nutrition Score:20.49999984451%

## Nutrients (% of daily need)

Calories: 549.54kcal (27.48%), Fat: 24.82g (38.19%), Saturated Fat: 11.9g (74.37%), Carbohydrates: 48.05g (16.02%), Net Carbohydrates: 44.75g (16.27%), Sugar: 3.68g (4.08%), Cholesterol: 107.54mg (35.85%), Sodium: 1074.47mg (46.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.42%), Selenium: 59.72µg (85.32%), Phosphorus: 518.49mg (51.85%), Calcium: 359.34mg (35.93%), Manganese: 0.66mg (32.9%), Vitamin B12: 1.94µg (32.35%), Vitamin B1: 0.42mg (28.31%), Vitamin C: 22.89mg (27.74%), Zinc: 4.03mg (26.88%), Vitamin B2: 0.32mg (18.65%), Vitamin B3: 3.52mg (17.6%), Magnesium: 63.61mg (15.9%), Vitamin B6: 0.29mg (14.73%), Copper: 0.29mg (14.53%), Fiber: 3.3g (13.2%), Potassium: 375.32mg (10.72%), Vitamin A: 500.38IU (10.01%), Vitamin B5: 0.93mg (9.34%), Iron: 1.66mg (9.24%), Folate: 31.19µg (7.8%), Vitamin K: 6.62µg (6.3%), Vitamin E: 0.33mg (2.2%)