



Slow-Cooker Cheesy Ham and Noodles

READY IN



195 min.

SERVINGS



6

CALORIES



708 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 1 tablespoon dijon mustard
- ☐ 3 cups half and half
- ☐ 12 oz finely-chopped ham lean cooked chopped
- ☐ 12 oz pasta uncooked
- ☐ 1 cup peas fresh sweet green frozen thawed giant® steamers® (from 12-oz bag)
- ☐ 8 oz swiss cheese shredded

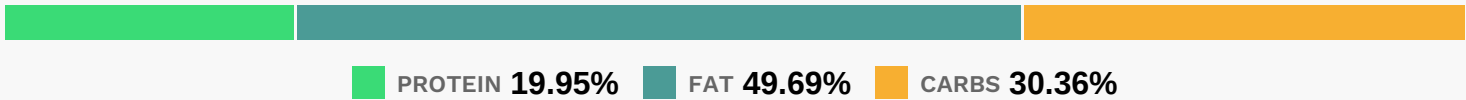
Equipment

- ☐ 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:-7, Nutrition Score:24.117826005687%

Nutrients (% of daily need)

Calories: 708.05kcal (35.4%), Fat: 38.74g (59.6%), Saturated Fat: 20.41g (127.53%), Carbohydrates: 53.26g (17.75%), Net Carbohydrates: 49.96g (18.17%), Sugar: 8.67g (9.64%), Cholesterol: 149.89mg (49.96%), Sodium: 1148.29mg (49.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35g (69.99%), Selenium: 63.59µg (90.85%), Phosphorus: 633.44mg (63.34%), Calcium: 488.81mg (48.88%), Vitamin B12: 2.17µg (36.18%), Manganese: 0.66mg (32.96%), Vitamin B2: 0.55mg (32.46%), Vitamin B1: 0.46mg (30.73%), Zinc: 4.5mg (30.02%), Vitamin C: 23.98mg (29.06%), Magnesium: 75.71mg (18.93%), Vitamin A: 928.72IU (18.57%), Vitamin B3: 3.65mg (18.26%), Vitamin B6: 0.36mg (17.76%), Potassium: 535.04mg (15.29%), Copper: 0.3mg (15.08%), Fiber: 3.3g (13.2%), Vitamin B5: 1.28mg (12.84%), Iron: 1.72mg (9.58%), Folate: 34.82µg (8.71%), Vitamin K: 8.19µg (7.8%), Vitamin E: 0.63mg (4.21%)