



# Slow Cooker Chicken Alfredo

 **Gluten Free**

READY IN



**255 min.**

SERVINGS



**6**

CALORIES



**415 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 32 ounce alfredo sauce
- 1 teaspoon garlic powder
- 3 tablespoons parmesan cheese grated
- 6 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless cubed
- 4 slices swiss cheese

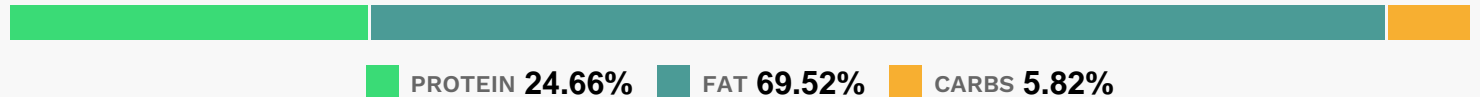
## Equipment

- slow cooker

## Directions

- In the crock of a slow cooker, stir together the chicken cubes and Alfredo sauce. Cover, and cook on Low for 2 hours.
- Add Parmesan cheese and Swiss cheese; cover and cook for another 30 minutes, or until chicken is cooked through. Season with garlic powder, salt and pepper and stir in cheeses before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:9.1404347821422%

## Nutrients (% of daily need)

Calories: 414.76kcal (20.74%), Fat: 30.96g (47.64%), Saturated Fat: 15.28g (95.48%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.78g (2.1%), Sugar: 2.43g (2.7%), Cholesterol: 160.11mg (53.37%), Sodium: 1362.39mg (59.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.43%), Selenium: 28.51µg (40.73%), Vitamin B3: 7.87mg (39.35%), Vitamin B6: 0.58mg (29.12%), Phosphorus: 241.17mg (24.12%), Calcium: 127.25mg (12.72%), Vitamin B5: 1.13mg (11.34%), Vitamin B12: 0.53µg (8.78%), Potassium: 297.39mg (8.5%), Zinc: 1.06mg (7.04%), Vitamin B2: 0.12mg (7%), Magnesium: 24.59mg (6.15%), Vitamin B1: 0.05mg (3.49%), Vitamin A: 138.29IU (2.77%), Iron: 0.33mg (1.86%), Vitamin E: 0.23mg (1.51%), Copper: 0.03mg (1.47%), Folate: 4.42µg (1.1%), Vitamin C: 0.91mg (1.1%)