



Slow-Cooker Chicken Alfredo Stew

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



370 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz alfredo sauce
- 0.5 teaspoon basil dried
- 1 lb savory vegetable mixed frozen
- 4 cups potatoes diced refrigerated with onions (from 20-oz bag) cooked
- 0.5 teaspoon salt
- 1.3 lb chicken thighs boneless skinless cut into 1-inch-wide strips
- 0.8 cup water

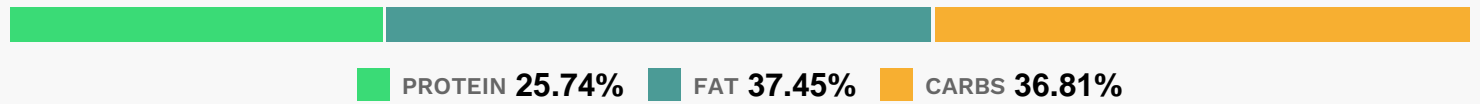
Equipment

- bowl
- slow cooker

Directions

- In small bowl, mix pasta sauce, water, basil and salt.
- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, layer half each of the potatoes, chicken strips, frozen vegetables and pasta sauce. Repeat layers ending with pasta sauce.
- Cover; cook on Low heat setting 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:21.12, Inflammation Score:-10, Nutrition Score:21.223913192749%

Flavonoids

Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 404.91kcal (20.25%), Fat: 16.8g (25.85%), Saturated Fat: 7.28g (45.53%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 31.03g (11.28%), Sugar: 2.3g (2.56%), Cholesterol: 139.37mg (46.46%), Sodium: 831.47mg (36.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.97%), Vitamin A: 3865IU (77.3%), Vitamin B6: 0.91mg (45.36%), Vitamin C: 35.44mg (42.96%), Vitamin B3: 7.7mg (38.52%), Selenium: 22.08µg (31.55%), Phosphorus: 301.34mg (30.13%), Potassium: 983.42mg (28.1%), Fiber: 6.14g (24.54%), Manganese: 0.42mg (21.12%), Vitamin B1: 0.29mg (19.29%), Magnesium: 72.97mg (18.24%), Vitamin B5: 1.67mg (16.72%), Vitamin B2: 0.28mg (16.31%), Iron: 2.64mg (14.68%), Zinc: 2.19mg (14.61%), Copper: 0.28mg (14.05%), Folate: 48.36µg (12.09%), Vitamin B12: 0.6µg (10.08%), Vitamin K: 6.83µg (6.5%), Calcium: 47.08mg (4.71%), Vitamin E: 0.19mg (1.29%)