



## Slow-Cooker Chicken and Noodles Alfredo

READY IN



395 min.

SERVINGS



5

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 oz alfredo sauce
- 14 oz artichokes drained quartered canned
- 5 oz extra wide egg noodles uncooked
- 2 tablespoons parmesan shredded
- 1 lb chicken thighs boneless skinless cut into 3/4-inch pieces
- 0.5 cup sun-dried olives chopped in oil (not )
- 1 cup water

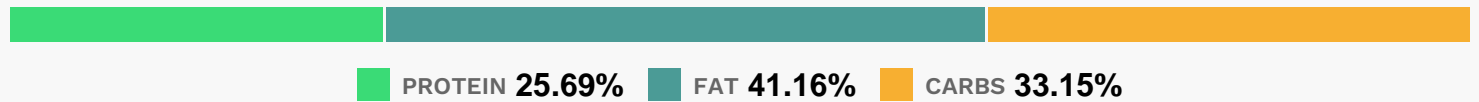
### Equipment

slow cooker

## Directions

- In 3- to 4-quart slow cooker, mix chicken, artichokes, pasta sauce and water.
- Cover; cook on Low setting 5 to 6 hours.
- About 25 minutes before serving, stir tomatoes and uncooked noodles into chicken mixture.
- Increase heat setting to High; cover and cook 15 to 20 minutes longer or until noodles are tender.
- Sprinkle cheese over individual servings.

## Nutrition Facts



## Properties

Glycemic Index:26.6, Glycemic Load:11.23, Inflammation Score:-6, Nutrition Score:20.563913112101%

## Flavonoids

Naringenin: 9.92mg, Naringenin: 9.92mg, Naringenin: 9.92mg, Naringenin: 9.92mg Apigenin: 5.94mg, Apigenin: 5.94mg, Apigenin: 5.94mg, Apigenin: 5.94mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg

## Nutrients (% of daily need)

Calories: 453.64kcal (22.68%), Fat: 20.83g (32.04%), Saturated Fat: 9.11g (56.95%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 31.17g (11.33%), Sugar: 6.92g (7.69%), Cholesterol: 170.87mg (56.96%), Sodium: 817.2mg (35.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.5%), Selenium: 44.06µg (62.94%), Vitamin B3: 7.49mg (37.47%), Phosphorus: 362.45mg (36.24%), Manganese: 0.66mg (33.18%), Vitamin B6: 0.6mg (29.77%), Potassium: 964.27mg (27.55%), Magnesium: 107.63mg (26.91%), Fiber: 6.57g (26.3%), Copper: 0.48mg (24.14%), Vitamin B5: 1.85mg (18.54%), Vitamin K: 19.28µg (18.37%), Folate: 73.45µg (18.36%), Iron: 3.3mg (18.32%), Vitamin B2: 0.3mg (17.58%), Zinc: 2.59mg (17.27%), Vitamin C: 13.6mg (16.48%), Vitamin B1: 0.25mg (16.39%), Vitamin B12: 0.69µg (11.45%), Calcium: 90.21mg (9.02%), Vitamin A: 161.43IU (3.23%), Vitamin E: 0.42mg (2.83%)