



Slow-Cooker Easy Chicken Alfredo

READY IN



385 min.

SERVINGS



5

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken thighs boneless skinless cut into 3/4-inch pieces
- 4.5 oz mushrooms drained sliced
- 0.5 cup roasted peppers red (from a jar)
- 2 tablespoons sherry dry
- 16 oz alfredo sauce
- 3 cups broccoli frozen
- 10 oz fettuccine barilla uncooked
- 2 tablespoons parmesan fresh shredded

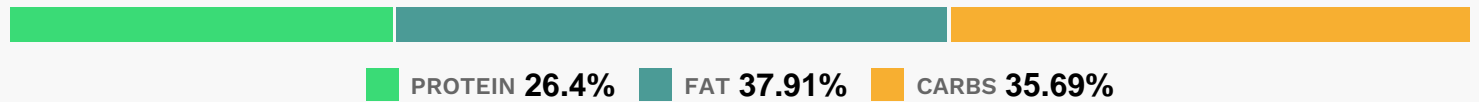
Equipment

slow cooker

Directions

- In 3 1/2 to 4-quart slow cooker, layer chicken, mushrooms and roasted pepper strips.
- Drizzle with sherry. Evenly pour Alfredo sauce on top.
- Cover; cook on low setting for 5 to 6 hours.
- About 25 minutes before serving, rinse broccoli with warm water to thaw; drain well.
- Add broccoli to chicken mixture. Increase heat setting to high; cover and cook an additional 20 minutes. Meanwhile, cook fettuccine to desired doneness as directed on package.
- Drain.
- Just before serving, stir cooked fettuccine into chicken mixture.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:17.86, Inflammation Score:-7, Nutrition Score:26.538695584173%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 554.81kcal (27.74%), Fat: 22.9g (35.23%), Saturated Fat: 9.68g (60.52%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 44.84g (16.31%), Sugar: 3.99g (4.44%), Cholesterol: 216.23mg (72.08%), Sodium: 965.25mg (41.97%), Alcohol: 0.62g (100%), Alcohol %: 0.22% (100%), Protein: 35.88g (71.76%), Selenium: 74.5µg (106.43%), Vitamin C: 54.14mg (65.63%), Vitamin K: 57.49µg (54.75%), Vitamin B3: 8.87mg (44.36%), Phosphorus: 423.25mg

(42.32%), Vitamin B6: 0.78mg (38.79%), Manganese: 0.66mg (32.78%), Vitamin B5: 2.58mg (25.79%), Vitamin B2: 0.43mg (25.17%), Zinc: 3.25mg (21.66%), Potassium: 690.7mg (19.73%), Magnesium: 75.37mg (18.84%), Copper: 0.36mg (17.9%), Vitamin B1: 0.26mg (17.41%), Vitamin B12: 0.92µg (15.41%), Folate: 61.02µg (15.26%), Iron: 2.64mg (14.68%), Fiber: 3.67g (14.67%), Vitamin A: 479.73IU (9.59%), Calcium: 85.59mg (8.56%), Vitamin E: 0.83mg (5.55%), Vitamin D: 0.23µg (1.54%)