



Slow-Cooker Three-Cheese Creamy Lasagna

READY IN



310 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 no boil lasagna noodles (from 16-oz package)
- ☐ 0.5 cup chives (from 8-oz container)
- ☐ 18 oz cream of mushroom soup canned
- ☐ 8 oz cheddar cheese shredded
- ☐ 1 cup milk
- ☐ 1 oz parmesan shredded
- ☐ 1 serving paprika

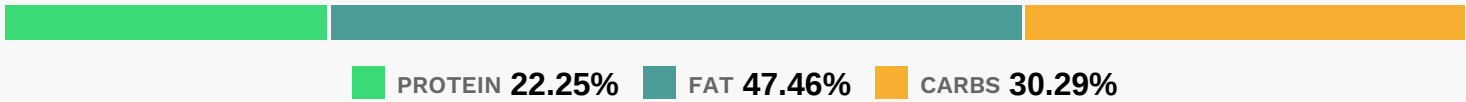
Equipment

- ☐ bowl
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray.
- ☐ Layer half of the noodles in slow cooker, breaking noodles and overlapping as necessary.
- ☐ In small microwavable bowl, microwave cream cheese spread on High 20 to 30 seconds. Stir in soup until well blended.
- ☐ Pour half of soup mixture over noodles.
- ☐ Sprinkle with half of the Cheddar cheese.
- ☐ Repeat layering with remaining noodles, soup mixture and Cheddar cheese. Carefully pour milk over all.
- ☐ Sprinkle Parmesan cheese and paprika over top.
- ☐ Cover; cook on Low setting 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:10.258695643881%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 336.68kcal (16.83%), Fat: 17.91g (27.56%), Saturated Fat: 9.82g (61.39%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 24.49g (8.91%), Sugar: 2.64g (2.94%), Cholesterol: 60.86mg (20.29%), Sodium: 941.68mg (40.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.9g (37.8%), Calcium: 380.44mg (38.04%), Phosphorus: 274.63mg (27.46%), Selenium: 12.58µg (17.98%), Zinc: 2.65mg (17.68%), Vitamin B2: 0.3mg (17.5%), Vitamin A: 790.81IU (15.82%), Manganese: 0.28mg (13.96%), Vitamin B12: 0.81µg (13.55%), Copper: 0.19mg (9.6%), Vitamin K: 8.48µg (8.07%), Potassium: 276.94mg (7.91%), Magnesium: 25.11mg (6.28%), Vitamin B5: 0.51mg (5.1%),

Vitamin B6: 0.1mg (5.05%), Fiber: 1.23g (4.91%), Vitamin D: 0.7µg (4.65%), Iron: 0.82mg (4.55%), Vitamin B3: 0.9mg (4.48%), Folate: 17.89µg (4.47%), Vitamin B1: 0.06mg (3.75%), Vitamin E: 0.42mg (2.79%), Vitamin C: 1.94mg (2.35%)