



Slow-Cooker Wild Mushroom Pasta Alfredo with Walnuts

READY IN



130 min.

SERVINGS



8

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 oz alfredo sauce
- ☐ 18 oz mushroom agnolotti pasta wild refrigerated
- ☐ 4 oz parmesan shredded
- ☐ 4 cups grape tomatoes
- ☐ 1 cup walnut halves toasted
- ☐ 1 serving pepper freshly ground
- ☐ 4 cups baby spinach fresh
- ☐ 1 serving parmesan shaved

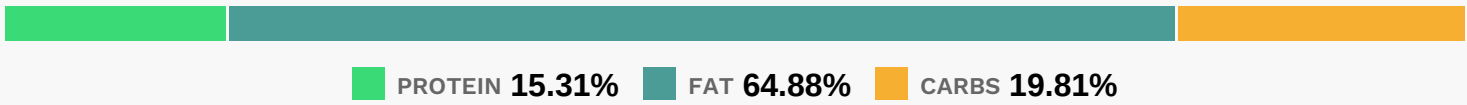
Equipment

☐ slow cooker

Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray. Spoon 1 cup of the Alfredo sauce in bottom of slow cooker.
- ☐ Spread 1 package of the pasta over sauce. Top with 1/2 cup of the shredded cheese, 2 cups of the tomatoes and 1/2 cup of the walnuts.
- ☐ Sprinkle with pepper. Repeat layers once. Top with 1 cup Alfredo sauce. Refrigerate remaining Alfredo sauce for another use.
- ☐ Cover; cook on High heat setting 2 hours. Stir in spinach just before serving.
- ☐ Garnish individual servings with shaved Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.19, Inflammation Score:-9, Nutrition Score:15.91695657502%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 568.07kcal (28.4%), Fat: 41.18g (63.36%), Saturated Fat: 17.56g (109.76%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 24.84g (9.03%), Sugar: 5.5g (6.11%), Cholesterol: 125.94mg (41.98%), Sodium: 1423.86mg (61.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Vitamin K: 79.06µg (75.29%), Vitamin A: 2175.22IU (43.5%), Manganese: 0.72mg (36.2%), Iron: 5.01mg (27.83%), Calcium: 264.86mg (26.49%), Phosphorus: 200.25mg (20.03%), Vitamin C: 14.61mg (17.71%), Copper: 0.3mg (15.09%), Folate: 55.86µg (13.97%), Fiber: 3.46g (13.83%), Magnesium: 51.06mg (12.77%), Potassium: 341.42mg (9.75%), Vitamin B6: 0.18mg (9.19%), Zinc: 1.15mg (7.67%), Vitamin B2: 0.12mg (7.29%), Selenium: 4.9µg (7%), Vitamin B1: 0.1mg (6.41%), Vitamin

E: 0.85mg (5.66%), Vitamin B3: 0.76mg (3.82%), Vitamin B12: 0.22µg (3.58%), Vitamin B5: 0.24mg (2.41%)