

Spicy Slow Cooker Mac-n-Cheese

READY IN



135 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage sliced into rounds
- ☐ 22 ounce condensed cheddar cheese soup canned
- ☐ 8 servings salt and pepper black to taste
- ☐ 16 ounce shell pasta uncooked
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 cup heavy whipping cream sour
- ☐ 2.8 cups water

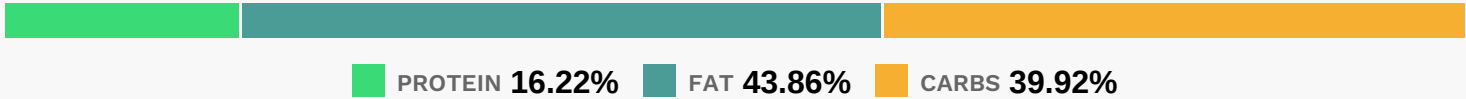
Equipment

☐ slow cooker

Directions

- ☐ Stir the condensed soup and water together in a slow cooker until smooth.
- ☐ Add the shell pasta and andouille sausage. Set the slow cooker to High; cook 2 hours, stirring frequently to prevent sticking.
- ☐ Once the pasta is tender, stir in the sour cream, Cheddar, and mozzarella until the cheeses melt. Season to taste with salt and pepper.
- ☐ Remove from heat, and allow to rest 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:17.2, Inflammation Score:-6, Nutrition Score:13.670434762602%

Nutrients (% of daily need)

Calories: 522.19kcal (26.11%), Fat: 25.22g (38.8%), Saturated Fat: 11.37g (71.09%), Carbohydrates: 51.64g (17.21%), Net Carbohydrates: 49.2g (17.89%), Sugar: 4.25g (4.72%), Cholesterol: 69.65mg (23.22%), Sodium: 1029.61mg (44.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.98%), Selenium: 49.14µg (70.21%), Phosphorus: 285.5mg (28.55%), Manganese: 0.53mg (26.53%), Calcium: 241.57mg (24.16%), Potassium: 633.27mg (18.09%), Zinc: 2.52mg (16.83%), Vitamin A: 741.09IU (14.82%), Vitamin B2: 0.23mg (13.77%), Vitamin B3: 2.75mg (13.74%), Vitamin B12: 0.81µg (13.45%), Magnesium: 44.89mg (11.22%), Copper: 0.21mg (10.43%), Fiber: 2.44g (9.75%), Vitamin B1: 0.14mg (9.18%), Vitamin B6: 0.16mg (8.13%), Iron: 1.18mg (6.57%), Vitamin B5: 0.62mg (6.24%), Folate: 16.16µg (4.04%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.54µg (3.58%), Vitamin K: 1.15µg (1.09%)