



Better Slow Cooker Robust Chicken



Gluten Free



Dairy Free

READY IN



485 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bacon bits
- ☐ 0.3 cup balsamic vinegar
- ☐ 4.5 ounce mushrooms drained sliced canned
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1.3 ounce chicken gravy mix dry
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 cup olives green chopped
- ☐ 0.5 cup red wine

☐ 1.5 pounds chicken breast halves boneless skinless cut into 1 inch strips

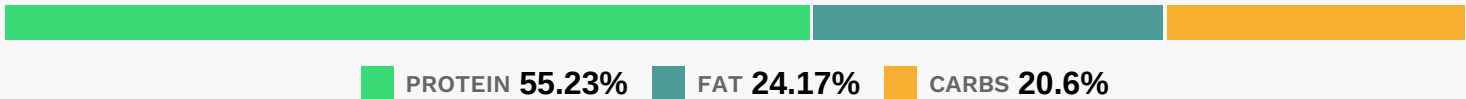
Equipment

☐ slow cooker

Directions

- ☐ In a slow cooker, combine the chicken, bacon bits, olives, tomatoes, mushrooms, gravy mix, wine, mustard, and vinegar.
- ☐ Mix together.
- ☐ Cover slow cooker, and cook on Low setting for 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:2.41, Inflammation Score:-5, Nutrition Score:16.1469562261%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 210.72kcal (10.54%), Fat: 5.21g (8.01%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 7.43g (2.7%), Sugar: 5.46g (6.07%), Cholesterol: 73.05mg (24.35%), Sodium: 553.18mg (24.05%), Alcohol: 2.12g (100%), Alcohol %: 1.05% (100%), Protein: 26.78g (53.57%), Vitamin B3: 13.14mg (65.7%), Selenium: 40.38µg (57.69%), Vitamin B6: 0.99mg (49.26%), Phosphorus: 294.1mg (29.41%), Vitamin B5: 2.01mg (20.09%),

Potassium: 702.04mg (20.06%), Magnesium: 56.49mg (14.12%), Copper: 0.24mg (11.79%), Manganese: 0.23mg (11.61%), Vitamin B1: 0.17mg (11.49%), Fiber: 2.56g (10.23%), Iron: 1.81mg (10.06%), Vitamin E: 1.48mg (9.84%), Vitamin B2: 0.17mg (9.8%), Vitamin C: 7.74mg (9.38%), Zinc: 1.13mg (7.51%), Folate: 19.85µg (4.96%), Vitamin A: 229.17IU (4.58%), Calcium: 45.78mg (4.58%), Vitamin B12: 0.25µg (4.25%), Vitamin K: 4.13µg (3.93%), Vitamin D: 0.16µg (1.04%)