



## Better-than-Ever Slow-Cooker Cacciatore

READY IN



435 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 0.3 tsp pepper black
- 1 tsp basil leaves dried
- 0.3 cup chicken broth fat-free reduced-sodium
- 8 oz mushrooms fresh sliced
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 large onion halved thinly sliced

- 1 tsp oregano leaves dried
- 4 cups rotini pasta uncooked
- 2 lb chicken thighs boneless skinless
- 12 oz tomato paste canned

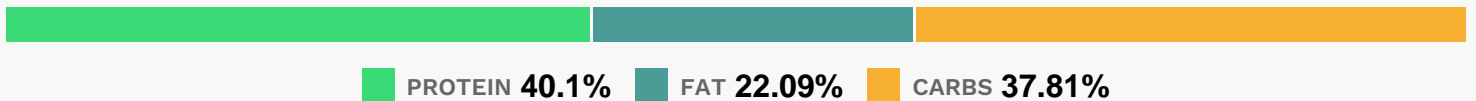
## Equipment

- bowl
- slow cooker

## Directions

- Place onions in slow cooker; top with chicken and bay leaf.
- Mix next 6 ingredients in medium bowl.
- Add mushrooms; stir to evenly coat. Spoon over chicken; cover with lid.
- Cook on LOW 7 to 9 hours (or on HIGH 4 to 5 hours). About 15 min. before ready to serve, cook pasta as directed on package, omitting salt.
- Drain pasta.
- Remove bay leaf from chicken mixture; discard. Spoon chicken mixture over pasta; top with cheese and parsley.

## Nutrition Facts



## Properties

Glycemic Index:29.75, Glycemic Load:10.61, Inflammation Score:-6, Nutrition Score:20.704782473004%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

## Nutrients (% of daily need)

Calories: 313.21kcal (15.66%), Fat: 7.63g (11.74%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 26.74g (9.72%), Sugar: 4.24g (4.71%), Cholesterol: 116.69mg (38.9%), Sodium: 278.49mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.36%), Selenium: 49.93µg (71.32%), Vitamin K: 51.39µg (48.94%), Vitamin B3: 8.52mg (42.61%), Phosphorus: 381.88mg (38.19%), Vitamin B6: 0.7mg (34.75%), Vitamin B2: 0.41mg (24.17%), Manganese: 0.47mg (23.55%), Vitamin B5: 2.1mg (20.96%), Zinc: 2.89mg (19.25%), Potassium: 627.43mg (17.93%), Copper: 0.34mg (17.17%), Calcium: 159.27mg (15.93%), Magnesium: 61.71mg (15.43%), Vitamin B12: 0.87µg (14.43%), Iron: 2.5mg (13.87%), Vitamin B1: 0.2mg (13.37%), Vitamin C: 9.58mg (11.62%), Fiber: 2.66g (10.63%), Vitamin A: 403.3IU (8.07%), Folate: 30.12µg (7.53%), Vitamin E: 0.88mg (5.83%)