




 **39%**
HEALTH SCORE

Chicken and Fresh Tomato Slow Cooker Stew


 **Gluten Free**  **Dairy Free**

READY IN




435 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 bay leaves
- 16 ounce tomato sauce canned
- 1 cup carrots sliced
- 14.5 ounce chicken broth canned
- 1.5 teaspoons seasoning italian
- 1 onion chopped
- 5 potatoes cubed peeled
- 0.3 teaspoon pepper red

- 3 large chicken breast halves boneless skinless
- 1.5 cups tomatoes fresh chopped
- 6 servings water as needed

Equipment

- bowl
- slow cooker

Directions

- Combine the potatoes, tomato, carrot, onion, and bay leaves in a slow cooker.
- Place the chicken breasts atop the vegetables. Stir the tomato sauce, chicken broth, and Italian seasoning in a bowl; pour over the chicken breasts.
- Add water as needed to assure the chicken is completely covered. Cook on Low for 6 hours.
- Remove the chicken breasts and cut into bite sized chunks and return to slow cooker. Continue cooking until the vegetables are tender, another 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:40.93, Glycemic Load:25.44, Inflammation Score:-10, Nutrition Score:27.429130556791%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 370.42kcal (18.52%), Fat: 7.58g (11.66%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 34.61g (12.59%), Sugar: 6.87g (7.63%), Cholesterol: 70.42mg (23.47%), Sodium: 795.4mg (34.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.22%), Vitamin A: 4378.99IU (87.58%), Vitamin B6: 1.24mg (61.99%), Vitamin C: 48.68mg (59.01%), Vitamin B3: 10.64mg (53.22%), Selenium: 31.83µg

(45.47%), Potassium: 1477.09mg (42.2%), Phosphorus: 367.81mg (36.78%), Fiber: 6.65g (26.58%), Manganese: 0.49mg (24.33%), Magnesium: 92.24mg (23.06%), Copper: 0.41mg (20.44%), Iron: 3.63mg (20.14%), Zinc: 2.91mg (19.39%), Vitamin B5: 1.68mg (16.83%), Vitamin B1: 0.23mg (15.58%), Vitamin K: 16.21µg (15.43%), Vitamin B2: 0.26mg (15.23%), Folate: 53.23µg (13.31%), Vitamin B12: 0.8µg (13.3%), Vitamin E: 1.9mg (12.68%), Calcium: 74.92mg (7.49%)