



Chicken Cacciatore

 Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 8 ounces tomato sauce canned
- 14 ounces tomatoes diced undrained canned
- 3 pounds chicken skinless
- 6 servings noodles hot cooked
- 0.5 teaspoon basil dried
- 2 garlic clove minced
- 4 ounces mushrooms fresh drained sliced canned

- 2 medium onion thinly sliced
- 1 teaspoons oregano dried
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup wine

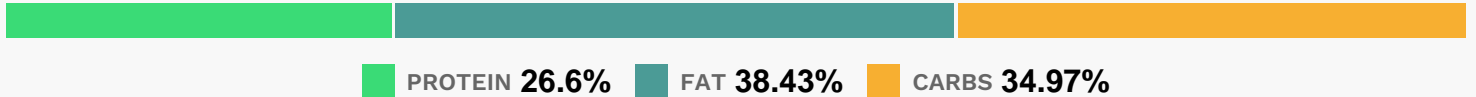
Equipment

- slow cooker

Directions

- Place sliced onions in a 5-qt. slow cooker.
- Add the chicken, seasonings, tomatoes, tomato sauce, mushrooms and wine or water. Cover and cook on low for 6-8 hours or until chicken juices run clear. Discard bay leaf.
- Serve chicken with sauce over pasta.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:13.67, Inflammation Score:-7, Nutrition Score:17.104347654011%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 418.52kcal (20.93%), Fat: 17.51g (26.94%), Saturated Fat: 4.9g (30.65%), Carbohydrates: 35.85g (11.95%), Net Carbohydrates: 32.06g (11.66%), Sugar: 5.45g (6.05%), Cholesterol: 81.65mg (27.22%), Sodium: 741.64mg

(32.25%), Alcohol: 1.03g (100%), Alcohol %: 0.36% (100%), Protein: 27.26g (54.53%), Selenium: 40.53µg (57.89%), Vitamin B3: 9.35mg (46.76%), Vitamin B6: 0.62mg (30.97%), Phosphorus: 263.19mg (26.32%), Manganese: 0.51mg (25.41%), Iron: 3.5mg (19.47%), Vitamin B2: 0.3mg (17.65%), Potassium: 612.19mg (17.49%), Vitamin C: 13.98mg (16.94%), Vitamin B5: 1.62mg (16.24%), Copper: 0.31mg (15.47%), Fiber: 3.79g (15.16%), Zinc: 2.24mg (14.91%), Magnesium: 58.3mg (14.58%), Vitamin B1: 0.16mg (10.44%), Vitamin E: 1.45mg (9.68%), Folate: 32.58µg (8.14%), Vitamin K: 8.45µg (8.05%), Vitamin A: 402.07IU (8.04%), Calcium: 63.37mg (6.34%), Vitamin B12: 0.34µg (5.75%), Vitamin D: 0.26µg (1.7%)