



 **100%**
HEALTH SCORE

Chicken Pepper Pot

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



245 min.

SERVINGS



4

CALORIES



791 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce skinned chicken breast halves
- 0.5 teaspoon garlic salt
- 32 ounce pepper stir-fry frozen
- 10.8 ounce all natural tomato soup with garden herbs and peppercorns low-fat, reduced-sodium canned
- 1 tablespoon white wine worcestershire sauce

Equipment

- slow cooker

Directions

Place all ingredients in a 4- or 5-quart electric slow cooker. Cover and cook on high setting 4 hours. Or, cover and cook on high setting 1 hour; reduce to low setting, and cook 7 hours.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:29.61, Inflammation Score:-10, Nutrition Score:60.986521674239%

Nutrients (% of daily need)

Calories: 790.82kcal (39.54%), Fat: 12.01g (18.48%), Saturated Fat: 4.15g (25.95%), Carbohydrates: 151.41g (50.47%), Net Carbohydrates: 92.58g (33.67%), Sugar: 5.23g (5.81%), Cholesterol: 108.86mg (36.29%), Sodium: 689.18mg (29.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.93g (121.85%), Manganese: 29.09mg (1454.45%), Vitamin K: 375.69µg (357.8%), Fiber: 58.83g (235.31%), Copper: 3.21mg (160.52%), Iron: 23.87mg (132.61%), Magnesium: 447.84mg (111.96%), Potassium: 3900.78mg (111.45%), Vitamin B3: 21.29mg (106.47%), Calcium: 1043.84mg (104.38%), Vitamin B6: 2.05mg (102.41%), Selenium: 66.02µg (94.32%), Phosphorus: 742.47mg (74.25%), Vitamin B5: 5.81mg (58.09%), Vitamin B2: 0.62mg (36.67%), Vitamin A: 1458.77IU (29.18%), Vitamin B1: 0.41mg (27.59%), Zinc: 3.9mg (26%), Vitamin E: 3.64mg (24.25%), Folate: 55.6µg (13.9%), Vitamin C: 9.6mg (11.64%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)