



# Chicken with Vegetable Ragout and Polenta

 **Gluten Free**

READY IN

ready

306 min.

SERVINGS

servings

6

CALORIES

calories

756 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

## Ingredients

- ☐ 6 chicken breasts boneless skinless dry rinsed
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 teaspoon garlic crushed
- ☐ 1.5 teaspoons penzey's southwest seasoning italian recommended: McCormick
- ☐ 6 servings parmesan grated for garnish
- ☐ 14 ounce pasta sauce
- ☐ 24 ounce pre-made polenta sliced recommended: Gennaro
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 2 tablespoons tomato paste
- ☐ 3 cups primavera vegetable medley frozen recommended: Birds Eye

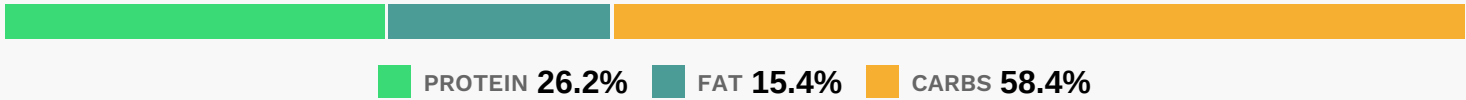
## Equipment

- ☐ bowl
- ☐ slow cooker

## Directions

- ☐ Combine frozen vegetable medley in the bottom of a 5-quart slow cooker. Season both sides of the chicken breasts with salt, pepper, and Italian seasoning.
- ☐ Place chicken on top of vegetables.
- ☐ In a large bowl, stir together pasta sauce, tomato paste, garlic and sherry.
- ☐ Pour 2/3 of the sauce over chicken and vegetables. Top the chicken with polenta slices and cover with remaining sauce. Cover and cook on the LOW setting for 4 to 5 hours.
- ☐ Serve hot with Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:40.67, Glycemic Load:5.73, Inflammation Score:-10, Nutrition Score:31.637825945149%

## 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 756.14kcal (37.81%), Fat: 12.76g (19.63%), Saturated Fat: 5.87g (36.69%), Carbohydrates: 108.83g (36.28%), Net Carbohydrates: 101.92g (37.06%), Sugar: 4.09g (4.55%), Cholesterol: 92.72mg (30.91%), Sodium: 1011.99mg (44%), Alcohol: 1.03g (100%), Alcohol %: 0.3% (100%), Protein: 48.84g (97.69%), Vitamin A: 5508.71IU

(110.17%), Selenium: 63.34µg (90.49%), Vitamin B3: 15.23mg (76.13%), Vitamin B6: 1.22mg (61.04%), Phosphorus: 607.72mg (60.77%), Calcium: 407.28mg (40.73%), Potassium: 1061.25mg (30.32%), Fiber: 6.91g (27.65%), Magnesium: 109.85mg (27.46%), Vitamin B5: 2.67mg (26.7%), Manganese: 0.51mg (25.49%), Vitamin B1: 0.36mg (24.27%), Vitamin B2: 0.39mg (23.02%), Iron: 3.69mg (20.48%), Vitamin C: 16.79mg (20.35%), Zinc: 2.57mg (17.11%), Copper: 0.31mg (15.59%), Folate: 46.59µg (11.65%), Vitamin E: 1.56mg (10.37%), Vitamin B12: 0.59µg (9.77%), Vitamin K: 6.86µg (6.53%), Vitamin D: 0.26µg (1.75%)