



Creamy Tomato Slow-Cooker Chicken

READY IN



320 min.

SERVINGS



4

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast boneless skinless
- 2 cloves garlic finely chopped
- 1 teaspoon basil dried
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper
- 15 oz alfredo sauce
- 14.5 oz canned tomatoes diced fire roasted organic drained canned
- 8 oz tomato sauce organic canned
- 12 oz mostaccioli pasta uncooked (such as penne or mostaccioli)

- 2 tablespoons cornstarch
- 2 tablespoons water
- 2 oz pizza cheese shredded italian

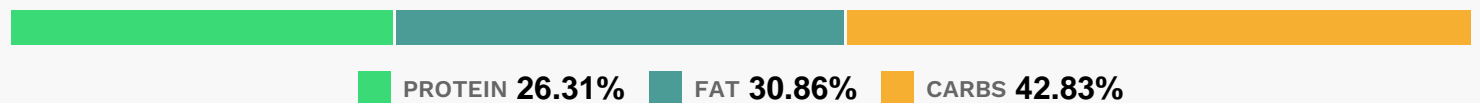
Equipment

- bowl
- slow cooker

Directions

- Spray 3- to 4-quart slow cooker with cooking spray. Arrange chicken in bottom of slow cooker. Top with garlic, basil, oregano and pepper.
- In separate bowl, stir together Alfredo sauce, tomatoes and tomato sauce until well combined.
- Pour mixture over chicken.
- Cover; cook on Low heat setting 5 to 6 hours.
- Ten to 15 minutes before serving time, cook pasta as directed on package. In small bowl, stir together cornstarch and water; stir into mixture in slow cooker. Increase heat setting to High; cook uncovered 5 to 10 minutes longer.
- Serve chicken with pasta; top with cheese.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:28.76, Inflammation Score:-7, Nutrition Score:29.114347662615%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 779.51kcal (38.98%), Fat: 26.43g (40.66%), Saturated Fat: 10.4g (65.01%), Carbohydrates: 82.53g (27.51%), Net Carbohydrates: 76.71g (27.89%), Sugar: 10.54g (11.71%), Cholesterol: 163.29mg (54.43%), Sodium:

1316.65mg (57.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.69g (101.39%), Selenium: 100.42µg (143.45%), Vitamin B3: 18.08mg (90.42%), Vitamin B6: 1.42mg (70.85%), Manganese: 1.13mg (56.5%), Phosphorus: 510.67mg (51.07%), Potassium: 1201.15mg (34.32%), Vitamin B5: 2.86mg (28.62%), Magnesium: 114.22mg (28.56%), Copper: 0.55mg (27.68%), Fiber: 5.82g (23.3%), Iron: 3.88mg (21.57%), Vitamin C: 15.6mg (18.91%), Vitamin B1: 0.26mg (17.45%), Vitamin B2: 0.29mg (17.02%), Vitamin E: 2.54mg (16.93%), Zinc: 2.47mg (16.47%), Vitamin K: 13.47µg (12.83%), Calcium: 109.34mg (10.93%), Vitamin A: 515.91IU (10.32%), Folate: 40.88µg (10.22%), Vitamin B12: 0.28µg (4.72%)