



Creamy Tomato Slow-Cooker Chicken

READY IN



320 min.

SERVINGS



4

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz alfredo sauce
- 8 oz tomato sauce canned
- 14.5 oz tomatoes diced drained canned
- 2 tablespoons cornstarch
- 1 teaspoon basil dried
- 2 cloves garlic finely chopped
- 2 oz pizza cheese shredded italian
- 0.5 teaspoon oregano dried
- 12 oz mostaccioli pasta uncooked (such as penne or mostaccioli)

- 0.3 teaspoon pepper
- 1.3 lb chicken breast boneless skinless
- 2 tablespoons water

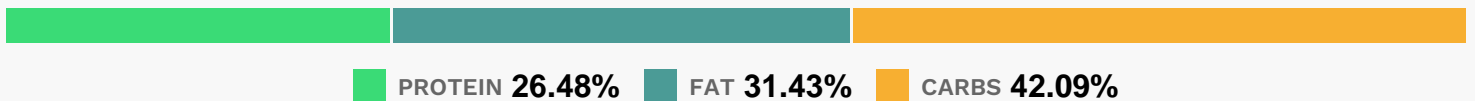
Equipment

- 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:38.5, Glycemic Load:26.66, Inflammation Score:-7, Nutrition Score:27.270434874555%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 764.09kcal (38.2%), Fat: 26.27g (40.42%), Saturated Fat: 10.38g (64.86%), Carbohydrates: 79.15g (26.38%), Net Carbohydrates: 74.25g (27%), Sugar: 8.47g (9.41%), Cholesterol: 163.29mg (54.43%), Sodium: 1327.95mg (57.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.81g (99.62%), Selenium: 99.9µg (142.72%), Vitamin B3: 17.56mg (87.8%), Vitamin B6: 1.38mg (68.85%), Manganese: 1.02mg (51.05%), Phosphorus: 497.31mg (49.73%), Potassium: 1093.24mg (31.24%), Vitamin B5: 2.7mg (26.98%), Magnesium: 104.98mg (26.24%), Copper: 0.44mg (21.82%), Iron: 3.54mg (19.69%), Fiber: 4.9g (19.6%), Vitamin C: 15.7mg (19.03%), Vitamin B2: 0.29mg (17.2%), Zinc: 2.34mg (15.58%), Vitamin B1: 0.23mg (15.39%), Vitamin E: 1.95mg (13.02%), Calcium: 106.26mg (10.63%), Vitamin K: 11.01µg (10.48%), Folate: 35.74µg (8.93%), Vitamin A: 415.2IU (8.3%), Vitamin B12: 0.28µg (4.72%)