



## Easy Slow-Cooked Chicken Cacciatore

 Gluten Free  Dairy Free

READY IN



555 min.

SERVINGS



6

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 ounces mushrooms fresh sliced
- ☐ 2 tablespoons garlic minced
- ☐ 2 bell pepper green cubed seeded
- ☐ 1 onion diced finely
- ☐ 6 chicken breast halves boneless skinless
- ☐ 24 ounce tomato basil sauce classico®

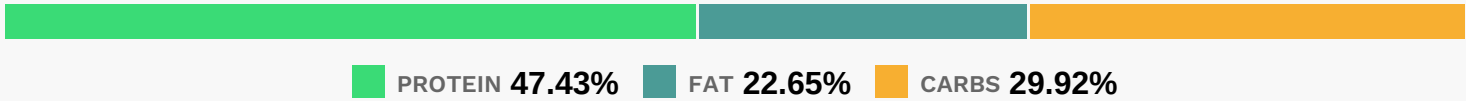
### Equipment

- ☐ slow cooker

# Directions

- ☐ Put the chicken in the slow cooker. Top with the spaghetti sauce, green bell peppers, mushrooms, onion, and garlic.
- ☐ Cover, and cook on Low for 7 to 9 hours.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:1.02, Inflammation Score:-7, Nutrition Score:18.802608635115%

## Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

## Nutrients (% of daily need)

Calories: 238.02kcal (11.9%), Fat: 5.88g (9.04%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 12.41g (4.51%), Sugar: 10.67g (11.85%), Cholesterol: 72.32mg (24.11%), Sodium: 561.72mg (24.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.37%), Vitamin B3: 13.38mg (66.9%), Selenium: 40.15µg (57.35%), Vitamin B6: 1.03mg (51.48%), Vitamin C: 41.67mg (50.51%), Potassium: 1008.05mg (28.8%), Phosphorus: 287.14mg (28.71%), Vitamin B5: 2.25mg (22.54%), Fiber: 5.05g (20.19%), Vitamin A: 861.66IU (17.23%), Vitamin B2: 0.28mg (16.7%), Magnesium: 39.25mg (9.81%), Copper: 0.19mg (9.6%), Vitamin B1: 0.14mg (9.29%), Iron: 1.48mg (8.24%), Manganese: 0.15mg (7.57%), Zinc: 0.97mg (6.44%), Calcium: 56.08mg (5.61%), Folate: 18.48µg (4.62%), Vitamin B12: 0.24µg (4.02%), Vitamin K: 3.28µg (3.12%), Vitamin E: 0.37mg (2.47%), Vitamin D: 0.19µg (1.26%)